TEACHER-TESTED RECIPES

COMPILED BY

ALPHA EPSILON CHAPTER
of
ALPHA DELTA KAPPA
Tacoma, Washington

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TEACHER'S PRAYER

I want to teach my students how
To live this life on earth–
To face its struggles and its strife
And how to improve their worth.

Not just the lesson in a book
Or how the river flows–
But how to choose the proper path
Wherever they may go.

To understand eternal truth
And know the right from wrong–
And gather all the beauty of
A flower and a song.

For if I help the world to grow,
In wisdom and in grace–
Then I shall feel that I have won
And I have filled my place–

And so I ask your guidance, God
That I may do my part–
For character and confidence
And happiness of heart.

James Metcalf

RECIPE FOR EDUCATION

1 cup of thinking
2 cups of dreams
2 to 4 years of youth
3½ cups of persistence
3 teaspoons of ability
1 cup of cooperation
1 teaspoon of borrowing
1 cup of good books, lectures, and teachers
1 cup of health
1 cup of plans made and followed through

Cream the thinking and the dreams.
Add the years and beat until creamy.
Sift persistence and ability together and add alternately with cooperation to the first mixture.
Add borrowing, books, lectures, teachers, health, and plans.
Fold in the years of youth, beaten stiff.
Bake in a moderately good college or university.
Time in college: 4 years or more, depending on how you like your finished product.
Temperature: plenty hot
Servings will last for life.

MY INFLUENCE

My life shall touch a dozen lives
Before this day is done,
Leave countless marks for good or ill
Ere sets the evening sun.
This is the wish I always wish,
The prayer I always pray:
Lord, may my life help other lives
It touches by the way.

RECIPE FOR HAPPINESS

"Take one cup of kindness, add a substantial portion of patience and mix well with the Golden Rule. Put in a generous amount of hard work and determination along with an equal portion of fair play. Pour into a mold of friendliness and warm with a cheery attitude.

Remove all seeds of hate and sift out irritableness and old grudges. Trim off self-importance and self-depreciation. Cut away indifference, intemperance, and fear. Then sprinkle well with faithfulness and love.

HAPPINESS

Sift together:

1 cup common sense
½ cup justice
1½ cups of love
1½ tsp. of confidence

Add two large portions of humor.
Spice to taste with nonsense.
Bake in oven of warm approval.
Ice with generous appreciation.

WORDS

The six most important words in the English language:
I admit I made a mistake.
The five most important words: You did a good job.
The four most important words: What is your opinion?
The three most important words: If you please.
The two most important words: Thank you.
The one most important word: We.
The least important word: I.

HOW TO PRESERVE A HUSBAND

Be careful in the selection; do not choose too unripe or too old. Best results are obtained if he has been reared in a healthy atmosphere. Some insist on keeping him in a pickle. Others prefer to keep him in hot water. Such treatment, however, makes the husband sour, hard, and sometimes bitter.

Many housewives have found that even poor varieties can be rendered tender and good by a garnish of patience, the sweetening of a smile, and the flavoring of a kiss, to taste.

Wrap him in a mantle of charity, place him over a warm, steady fire of domestic devotion, and serve with peaches and cream.

Compiled by the Methodist ladies of Kenmare, North Dakota, about 1910.

Good, better, best,
Never let it rest,
Until the good is better
And the better best!

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Elaine Ramsey

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APPETIZERS
PICKLES
RELISHES

A HANDY SPICE GUIDE
TO MAKE YOU BECOME A SEASONED SEASONER

ALLSPICE....a pea-sized fruit that grows in Mexico, Jamaica, Central and South America. Its delicate flavor resembles a blend of cloves, cinnamon and nutmeg. USES: (Whole) Pickles, meats, boiled fish, gravies. (Ground) Puddings, relishes, fruit preserves, baking.

BASIL....the dried leaves and stems of an herb grown in the United States and North Mediterranean area. Has an aromatic, leafy flavor. USES: For flavoring tomato dishes and tomato paste, turtle soup; also use in cooked peas, squash, snap beans; sprinkle chopped over lamb chops and poultry.

BAY LEAVES....the dried leaves of an evergreen grown in the eastern Mediterranean countries. Has a sweet, herbaceous floral spice note. USES: For pickling, stews, for spicing sauces and soup. Also use with a variety of meats and fish.

CARAWAY....the seed of a plant grown in the Netherlands. Flavor that combines the tastes of Anise and Dill. USES: For the cordial Kummel, baking breads; often added to sauerkraut, noodles, cheese spreads. Also adds zest to French fried potatoes, liver, canned asparagus.

CURRY POWDER....a ground blend of ginger, turmeric, fenugreek seed, as many as 16 to 20 spices. USES: For all Indian curry recipes such as lamb, chicken, and rice, eggs, vegetables, and curry puffs.

DILL....the small, dark seed of the dill plant grown in India, having a clean, aromatic taste. USES: Dill is a predominant seasoning in pickling recipes; also adds pleasing flavor to sauerkraut, potato salad, cooked macaroni, and green apple pie.

MACE....the dried covering around the nutmeg seed. Its flavor is similar to nutmeg, but with a fragrant, delicate difference. USES: (Whole) For pickling, fish, fish sauce, stewed fruit. (Ground) Delicious in baked goods, pastries and doughnuts, adds unusual flavor to chocolate desserts.

MARJORAM....an herb of the mint family, grown in France and Chile. Has a minty-sweet flavor. USES: In beverages, jellies and to flavor soups, stews, fish, sauces. Also excellent to sprinkle on lamb while roasting.

MSG (MONOSODIUM GLUTAMATE)....is a vegetable protein derivative for raising the effectiveness of natural food flavors. USES: Small amounts, adjusted to individual taste, can be added to steaks, roasts, chops, seafoods, stews, soups, chowder, chop suey and cooked vegetables.

OREGANO....the leaf of a safe bush growing in Italy, Greece and Mexico. USES: An excellent flavoring for any tomato dish, especially Pizza, chili con carne, and Italian specialties.

PAPRIKA....a mild, sweet red pepper growing in Spain, Central Europe and the United States. Slightly aromatic and prized for brilliant red color. USES: A colorful garnish for pale foods, and for seasoning Chicken Paprika, Hungarian Goulash, salad dressings.

POPPY....the seed of a flower grown in Holland. Has a rich fragrance and crunchy, nut-like flavor. USES: Excellent as a topping for breads, rolls and cookies. Also delicious in buttered noodles.

ROSEMARY....an herb (like a curved pine needle) grown in France, Spain, and Portugal, and having a sweet, fresh taste. USES: In lamb dishes, in soups, stews and to sprinkle on beef before roasting.

SAGE....the leaf of a shrub grown in Greece, Yugoslavia and Albania. Flavor is camphoraceous and minty. USES: For meat and poultry stuffing, sausages, meat loaf, hamburgers, stews and salads.

THYME....the leaves and stems of a shrub grown in France and Spain. Has a strong, distinctive flavor. USES: For poultry seasoning, in croquettes, fricassees and fish dishes. Also tasty on fresh sliced tomatoes.

TURMERIC....a root of the ginger family, grown in India, Haiti, Jamaica and Peru, having a mild, ginger-pepper flavor. USES: As a flavoring and coloring in prepared mustard and in combination with mustard as a flavoring for meats, dressings, salads.

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APPETIZERS, PICKLES, RELISHES

GRAPEFRUIT-CRAB COCKTAIL — Marlene Wirsing

1 (7 1/2 oz.) can crabmeat, chilled, drained, flaked and cartilage removed
1 Tbsp. lemon juice
1 (16 oz.) can unsweetened grapefruit segments, chilled
1/3 c. catsup
1/4 tsp. dry mustard
1/4 tsp. prepared horseradish
Dash of bottled hot pepper sauce
Lettuce

Sprinkle crab with lemon juice. Drain grapefruit, reserving 1/4 cup juice. Combine catsup, juice, mustard, horseradish and hot pepper sauce. Chill. Arrange grapefruit and crab in lettuce-lined sherbets. Drizzle with sauce. Makes 8 servings, 57 calories.

LOW-CAL MUSHROOM COCKTAIL — Marlene Wirsing

1/3 c. catsup
1 Tbsp. vinegar
1/4 tsp. prepared horseradish
Lettuce leaves
1 1/2 c. shredded lettuce
12 medium mushrooms, sliced

In small bowl, blend catsup, vinegar and horseradish. Chill. Line 6 serbets with lettuce leaves; layer with shredded lettuce. Arrange about 1/4 cup mushrooms atop each. Chill. Just before serving, drizzle with 1 tablespoon catsup mixture. Makes 6 servings, 38 calories.

BLUE CHEESE DRESSING — Norma Crosby

1 pt. mayonnaise
1/2 pt. sour cream
1/4 c. wine vinegar
4 oz. Blue cheese
1/2 c. parsley
1/2 tsp. regular mustard
Salt and pepper
1 clove minced garlic

Mix together several hours before using.

HONEY DRESSING — Marilyn Karlstrom, Elaine Ramsey

2/3 c. sugar
1 tsp. dry mustard
1 tsp. paprika
1/4 tsp. salt
1 tsp. celery seed
1/3 c. honey
5 Tbsp. vinegar
1 Tbsp. lemon juice
1 tsp. grated onion
1 c. salad oil

Mix dry ingredients. Add other ingredients except oil. Then add oil slowly while beating. Refrigerate.

FRUIT SALAD DRESSING — Elaine Ramsey

1 c. pineapple juice
1 c. sugar
1 heaping Tbsp. cornstarch
1 c. orange juice
1 c. lemon juice
3 egg yolks
1 Tbsp. butter

Heat juices, beat egg yolks, add cornstarch. Add juice to egg in double boiler. Cook, 15 minutes. Add butter. Cool. Serve as is or add to whipped cream. For variation, add sprinkle of celery seed, or dill seed if used on citrus fruits.

FRUIT SALAD DRESSING — Bessie Lindberg

1 c. mayonnaise
1 c. marshmallow creme
1 tsp. grated orange rind
1 tsp. ground ginger

Mix together.

BEST FRUIT SALAD DRESSING — Elaine Ramsey

Juice from No. 2 1/2 size can pineapple
1 c. sugar
2 eggs
2 Tbsp. flour
2 Tbsp. butter
1/2 pt. whipping cream

Boil pineapple juice; beat eggs lightly and add sugar and flour mixture. Add boiling juice, stirring constantly. Cook thoroughly over low heat and when thick, add butter. Cool. When ready to serve, add whipped cream and mix with fruits.

DRESSING FOR FRUIT SALAD

Elaine Ramsey

1 can frozen orange juice
1 c. water
1 c. sugar
1 Tbsp. cornstarch
3 Tbsp. butter

Combine ingredients. Cook till clear.

THOUSAND ISLAND DRESSING

Helen Perdue

1/2 bottle chili sauce
Chopped sweet pickles
Green pepper
3 hard boiled eggs
1/3 c. chopped celery
Minced onion
2 c. mayonnaise
Beets (may also be added)

Mix the ingredients. Pickles, green pepper, onion, etc. may be used in quantities that are pleasing to your family.

POPPY SEED DRESSING

Helen Perdue

2 c. sugar
2 Tbsp. dry mustard
2 tsp. salt
1/2 grated onion
1 c. white vinegar
4 c. cottonseed oil
3 Tbsp. poppy seed

Mix well the sugar, mustard, salt and onion. Add and mix well the white vinegar. Add the cottonseed oil slowly while stirring. Add and mix the 3 tablespoons of poppy seeds.

BACON CRUNCHY CHIP DIP

Margaret Westcott

1/2 c. cream cheese
2 tsp. catsup
1 tsp. prepared mustard
1/8 tsp. ground ginger
1/4 c. sour cream
1/2 c. cooked crumbled bacon (about 6 slices)

Soften cream cheese. Add sour cream and stir until smooth. Add remaining ingredients. For extra zest, add 2 tablespoons deviled ham.

CALICO CHEESE SPREAD

K. Finnigan

8 oz. cream cheese
2 Tbsp. milk
1 1/2 c. shredded sharp Cheddar cheese
2 1/2 oz. dried beef, sliced
2 Tbsp. pickles, chopped
1 Tbsp. parsley, chopped
1/4 tsp. Worcestershire sauce

Beat together cream cheese and milk. Stir in other ingredients. Cover and chill. Serve with crackers. Yield: 2 cups.

SHRIMP SPREAD

Marge Lorenzo

2 cans shrimp
1 can water chestnuts, mashed (size of tuna can - small)
1/4 c. green onions
2 Tbsp. soy sauce
1/2 c. mayonnaise

Mix together well. Chill. Spread on crackers.

SALMON BALL

Marilyn Karlstrom

1 lb. can (2 c.) salmon
8 oz. pkg. cream cheese
1 Tbsp. lemon juice
2 tsp. grated onion
1 tsp. horseradish
1/4 tsp. salt
1/4 tsp. liquid smoke
1/2 c. walnuts, chopped
3 Tbsp. parsley

Mix first 7 ingredients. Shape in ball and chill overnight. Roll in walnuts and parsley. Chill. Serve with crackers.

CHEESE FONDUE

G. Nelson Birdsall

1 c. white dry wine
1 clove garlic
1 lb. Gruyere cheese
1 1/2 Tbsp. flour
Salt, pepper and nutmeg to taste
2-3 Tbsp. kirsch
1 loaf French bread, cut in bite size pieces

Heat wine and garlic in double boiler. Remove garlic. Dredge cheese in flour. Add handful at a time to wine, stirring after each addition. Stir constantly. Season. Add

kirsch. Serve in fondue pot. If mixture becomes too thick, add a little heated wine. Serves 4. Ask each guest to stir the cheese mixture with their bread as they serve themselves.

ZUCCHINI BREAD AND BUTTER PICKLES

Elaine Ramsey

8 c. zucchini (4 lb. is 12 c.)
3 onions
1/4 c. salt
1 1/2 qt. cold water
2 1/2 c. cider vinegar
1/2 tsp. turmeric
1 tsp. mustard seed
1 tsp. celery seed
1 1/2 c. sugar

Soak the zucchini, onions, salt and water for 3 hours. Boil the cider vinegar, turmeric, mustard seed, celery seed and sugar for 3 minutes. Drain squash and add to hot syrup, boil 20 minutes until clear, and seal.

WATERMELON PICKLES

Frances Carlson

20 c. watermelon rind, cut in 1 inch pieces
7 c. sugar
2 c. white vinegar
1/2 tsp. oil of cinnamon
1/4 tsp. oil of cloves

Remove skin from the rind but leave some of the pink. Barely cover with hot water and boil until toothpick goes through easily. This will take about 20 minutes. Drain off water. Bring sugar, vinegar and spices to boil and pour over rind. Let this stand for 24 hours. Then pour off the liquid, reheat and pour over the rind again. Do this 3 times. Then put in jars, pouring the hot syrup over the pickles and seal.

GREEN TOMATO MINCEMEAT

Stella Stadtler

1 qt. chopped green tomatoes
1/2 Tbsp. salt

Sprinkle salt over tomatoes and let stand 1 hour, then drain.

1/2 orange, ground with rind
1 1/4 qt. chopped apple
1/2 lb. seeded raisins
2/3 c. suet, chopped (6 oz.)
1 3/4 c. brown sugar
1/4 c. vinegar
1 tsp. cinnamon
1/2 tsp. nutmeg
1/2 tsp. cloves
1/4 tsp. ginger

Cover drained tomatoes with boiling water for 5 minutes. Drain. Add all other ingredients and boil until done. Makes about 5 pints. Can be canned according to good canning methods.

** NOTES **

notes

notes

SOUPS
SALADS
VEGETABLES

TO QUICK–FREEZE VEGETABLES

Vegetables for freezing are prepared as for cooking, then blanched (scalded) and packed dry, or with the brine. The dry pack is less trouble and is satisfactory for all vegetables except green peppers.

Blanching vegetables is important because it minimizes loss of flavor and color. To blanch in boiling water, put about one pound of vegetables in a fine-mesh wire basket with a wire cover to hold food under the water and lower into rapidly boiling water, enough to cover food. Cover the kettle and then COUNT THE TIME RECOMMENDED FOR EACH vegetable. After blanching, chill quickly and thoroughly, plunge the vegetables into ice water, or hold under cold running water. When completely chilled, remove and drain, and PACK AT ONCE.

VEGETABLE	HOW PREPARED	BLANCHING
ASPARAGUS	Wash, cut, sort into groups according to thickness of stalk. Blanch, chill, pack.	3 to 4 minutes in boiling water, depending on size.
BEANS, GREEN AND WAX	Wash, stem, slice, cut or leave whole. Blanch, chill, pack.	Cut: 2 minutes in boiling water. Whole: 2 1/2 minutes in boiling water.
BEANS, LIMA	Shell, wash, blanch, chill. Remove white beans, which may be used for cooking. Pack.	1 to 2 minutes in boiling water, depending on size.
CARROTS	Remove tops, wash, scrape. Slice lengthwise or crosswise as preferred, or leave small carrots whole.	Whole: 4 1/2 minutes in boiling water. Sliced: 3 minutes in boiling water.
CAULIFLOWER	Break heads into flowerets about 1 inch across. Wash, blanch, chill, pack.	3 to 4 minutes in boiling water.
CORN, ON COB	Husk, trim away silk and spots. Wash, blanch, chill, pack.	7 minutes in boiling water for slender ears. 9 for medium, 11 for large.
CORN, KERNELS	Same as corn on cob. After chilling, cut off kernels and pack.	
GREENS Beet, Chard, Kale, Mustard, Spinach, Collards, etc.	Wash, discard bad leaves, tough stems. Blanch, chill, pack.	2 minutes in boiling water.
PEAS	Shell, sort, blanch, chill, pack.	1 to 2 minutes in boiling water, depending on size.
PEPPERS, GREEN	Wash, cut away seeds, slice. Blanch, pack in brine of 1 tsp. salt to 1 c. cold water.	3 minutes in boiling water.

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SOUPS, SALADS, VEGETABLES

CLAM CHOWDER

Winnie Ramsey

18 razor clams
1/2 tsp. salt
1 medium potato
1 onion
1 tsp. butter
4-6 slices bacon
1 qt. whole milk

Clean clams thoroughly. After grinding them, cook with the salt for 15 minutes. Dice the potato fine, add to the clams and cook until done. Fry the finely diced onion in 1 teaspoon butter until it is transparent. Add to clams. Cut bacon into small pieces and fry until crisp. Drain off the fat and add to the clam mixture. Pour in milk, add salt and pepper to taste; heat but do not boil. When serving, add 1 or 2 tablespoons of butter.

MINESTRONE SOUP

Marlene Wirsing

1 lb. hamburger
1 c. chopped onions
1 c. cubed raw potatoes
1 c. sliced raw carrots
1 c. shredded cabbage
1/2 c. sliced celery
1/8 tsp. pepper
6 c. water
Either 1 (15 oz.) can tomato sauce or 2 1/2 c. whole canned tomatoes
1/4 c. uncooked rice
1 bay leaf
1/2 tsp. thyme
1/4 tsp. basil
5 tsp. salt

Brown hamburger and onions; drain off fat. Add potatoes, carrots, cabbage and celery. Stir. Add either tomato sauce or whole canned tomatoes. Then stir in rice, bay leaf, thyme, basil, salt, pepper and 6 cups of water. Cover and simmer an hour. Serves 4-6.

LAYERED LETTUCE SALAD

Elaine Ramsey

1 medium head of lettuce, chopped
1/4 c. green pepper, chopped
1/4 c. celery, chopped
1 onion, chopped
1-2 pkg. green peas, uncooked
2 c. mayonnaise, mixed with 2 Tbsp. sugar
1 c. grated Cheddar cheese
2 slices bacon, cut in pieces, fried crisp, well-drained

Arrange above ingredients in 9x13 inch Pyrex pan in order given. Cover with foil and refrigerate 12 to 24 hours before serving. Must be made a day ahead of serving! (Lettuce stays crisp, believe it or not, and this salad is a delicious change from tossed salad.)

LAYER SALAD — Rae True

1 head lettuce, torn into pieces in bottom of 9x13 inch pan
1 (10 oz.) pkg. frozen peas (uncooked) over eggs
8 slices bacon, fried and diced over green peppers
1 c. diced celery (over lettuce)
4 eggs, hard cooked and sliced over celery
1/2 c. green peppers, diced

Frost with:

2 c. Miracle Whip
2 Tbsp. sugar

Top with 4 ounces Cheddar cheese, grated. Cover, refrigerate for 8 to 12 hours.

MARINATED VEGETABLE SALAD — Elvera Heritage

2 c. cauliflower flowerets
2 c. zucchini slices
2 c. broccoli flowerets
1 basket cherry tomatoes
1 can pitted ripe olives, drained
1 (8 oz.) bottle Bernstein's or Girard's Italian dressing

Marinate fresh vegetables with the Italian dressing for several hours. A great take-along salad for a pot luck.

SAUERKRAUT SALAD — Maryellis Wheaton

Use 1 large can or 1 quart sauerkraut. Rinse and drain and squeeze very dry. Add:

1 c. chopped celery
1 c. chopped green pepper and pimento for color
1 c. sliced ripe olives
1 c. chopped onions (green onions may be used)

Marinate for 6 hours or overnight with:

1 1/2 c. white sugar
1/2 c. vinegar
1/4 c. oil (Wesson, Mazola, Crisco)

Stir once in a while, while marinating. Spoon to loosen as it does pack down. Will keep for a week in refrigerator.

SWEET AND SOUR CABBAGE

Norma Crosby

1 large head of red cabbage
4 Tbsp. bacon fat
1 medium onion
2 tart apples, sliced
1/2 c. cider vinegar
1/2 c. brown sugar

Heat bacon fat; saute coarsely chopped onions. Add coarsely chopped cabbage, salt and pepper. Cover and steam 10 minutes. Add apples and 1/4 cup boiling water. Cover and simmer 1 hour. Add vinegar and sugar; cook 15 minutes longer. Serve hot.

CREAMY SPINACH SALAD

Emma West

1/2 c. sour cream
1/4 c. creamy French dressing
1/8 tsp. salt
Dash of pepper
10 oz. fresh spinach
1 (11 oz.) can Mandarin oranges, chilled and drained
1/2 medium cucumber
1 c. (4 oz.) sharp Cheddar cheese, grated

Blend sour cream, French dressing, salt and pepper. In large bowl, combine spinach (torn in bite size pieces), orange sections, cucumber and cheese. Pour sour cream mixture over greens. Toss lightly. Serves 6.

WILTED SPINACH SALAD

Margaret Westcott

5 slices bacon, cut up
1/2 c. sliced green onion
2 Tbsp. white wine vinegar
1 Tbsp. lemon juice
8 c. torn fresh spinach
2 hard boiled eggs, chopped

In large skillet, cook bacon over medium heat until crisp. Pour off all but 2 tablespoons of the bacon fat. Add onion, vinegar, lemon juice and a few dashes of pepper.

Bring just to boiling point. Add chopped egg and spinach. Toss until spinach is coated and slightly wilted. A delicious variation is to substitute leaf lettuce for the spinach.

DAY-AHEAD SPINACH SALAD

Elvera Heritage

1/2 to 3/4 lb. spinach
1/2 medium-sized cucumber, thinly sliced
1/2 c. thinly sliced radishes
1/4 c. thinly sliced green onion
2 hard-cooked eggs, sliced
3/4 c. thick Blue cheese dressing
5 slices bacon, crisply fried and crumbled
1/2 c. salted Spanish peanuts

Discard spinach stems; rinse leaves well. Drain and pat dry. Tear spinach into bite-sized pieces and arrange evenly in a shallow salad bowl. Evenly layer cucumber slices, radishes, green onion and eggs. Spread dressing evenly over top, cover and chill as long as 24 hours. Just before serving, sprinkle with bacon and peanuts. With a spoon and fork, lift out each serving, be sure you get some of each layer of salad. Serves 6.

SPINACH SALAD

Norma Crosby

2 bunches fresh spinach
1 lb. bacon, diced and sauteed
2 hard-cooked eggs, chopped

Dressing:

2/3 c. salad oil
1/4 c. wine vinegar
2 Tbsp. white wine
2 tsp. soy sauce
1 tsp. sugar
1 tsp. dry mustard
1/4 to 1 tsp. curry powder
1/2 tsp. garlic salt
1 tsp. fresh ground pepper

Mix dressing ingredients together; chill a few hours. Pour over torn spinach, bacon and eggs. Toss.

TWENTY FOUR HOUR SALAD

Virginia Ryan

1 can pineapple
1 c. blanched almonds
1/2 lb. marshmallows
1 c. whipping cream

Dressing:

3 egg yolks
Juice of 1 lemon
1 Tbsp. sugar
1/4 c. cream
Salt to taste

Drain and dice pineapple. Mix with almonds and marshmallows. Mix and bring to a boil all the dressing ingredients. When cool, pour over the salad ingredients. Whip 1 cup of cream and add to the salad. Refrigerate overnight.

WATERGATE SALAD

Stella Stadtler

1 pkg. pistachio pudding
1 can crushed pineapple and juice
1 (9 oz.) ctn. Cool Whip
1 c. miniature marshmallows
Cherries (?), nuts (?) or fruit cake mix - fine

Mix dry pudding mix and pineapple with juice. Add Cool Whip and marshmallows, cherries (?) and/or nuts (?). Refrigerate.

HONEYDEW DELIGHT

Elaine Ramsey

1 honeydew melon
1 pkg. raspberry jello
1 c. boiling water
2 c. ice cubes
1 banana

Cut the honeydew melon in half lengthwise; scoop out seeds and drain well. Dissolve 1 package raspberry jello in 1 cup boiling water. Add 2 cups ice cubes and stir until gelatin begins to thicken, about 3 minutes. Remove any unmelted ice. Stir in 1 banana, sliced. Place melon halves in small bowls, spoon in gelatin mixture. Chill until firm, about 3 hours. Cut in wedges. Serve with salad greens.

Note: Chill any excess fruited gelatin in a dessert dish.

CREAM CHEESE CRANBERRY FREEZE SALAD

Layne Green

3 Tbsp. lemon juice
1 large can whole cranberries
8 oz. cream cheese
1 1/4 c. Cool Whip
1/4 c. powdered sugar
1/2 c. chopped walnuts

Stir lemon juice into cranberries. Blend together cream cheese and powdered sugar. Fold together cranberries, cream cheese, Cool Whip and walnuts. Blend well. Freeze in flat dish till firm.

SIMPLE SALAD

Elaine Ramsey

1 c. applesauce
1 pkg. raspberry jello
1 (10 oz.) pkg. frozen raspberries

Heat applesauce just to boiling. Add jello. Mix well. Stir in partially thawed raspberries. Chill.

RED RASPBERRY RING

Helen Perdue

10 oz. pkg. red raspberries, thawed
2 (3 oz.) pkg. raspberry jello
2 c. boiling water
1 pt. vanilla ice cream
6 oz. can frozen pink lemonade concentrate, thawed
1/4 c. chopped pecans

Drain raspberries, reserving syrup. Dissolve gelatin in boiling water. Add ice cream by spoonfuls, stirring until melted. Stir in lemonade concentrate and reserved syrup. Chill till partially set. Add raspberries and pecans. Turn into 6 cup ring mold. Chill till firm. Makes 10 servings. This is nice with chicken salad heaped in the center.

CHERRY SALAD

Helen Perdue

2 pkg. cherry jello
1/2 c. hot mixed pineapple and cherry juice
3 c. Coca-Cola
No. 2 can pineapple, drained and cut
No. 2 can dark cherries, drained and halved
1/2 c. finely chopped nuts

Dissolve gelatin in hot juice mixture. Add Coca-Cola. Chill till partially congealed. Fold in pineapple, cherries and nuts. Place in mold. Serves 12.

EASY LIME JELLO MOLD — Ann Pound

1 small pkg. lime jello
3 oz. cream cheese
5 pear halves
1 c. water
1 c. pear juice
2 tsp. lemon juice

Bring to boil pear juice and water. Add jello and dissolve. Put cream cheese (softened), pear halves and 2 teaspoons lemon juice into blender. Add jello. Blend.

ORANGE SHERBET SALAD — Elaine Ramsey

2 pkg. orange jello
2 c. hot water
1 pt. orange sherbet
2 to 4 bananas
2 cans Mandarin oranges
9 oz. can crushed pineapple
1/2 pt. whipping cream

Dissolve jello in boiling water. Stir in sherbet and let set till thick. Whip cream and fold in. Add rest of ingredients.

CRANBERRY-ORANGE SALAD — Maryellis Wheaton

1 pkg. lemon or red jello
2 c. hot water
1 orange
1 c. sugar
1 env. gelatin
2 c. cranberries
1 apple

Grind cranberries (I freeze cranberries before grinding), orange (use rind, remove seeds) and apple. Put 1 cup of sugar over this and let stand at least 10 minutes. Mix all together and put into mold.

RED, WHITE AND BLUE DELIGHT — Elaine Ramsey

2 (3 oz.) pkg. raspberry gelatin
1 (1 oz.) pkg. unflavored gelatin
1 c. half & half
1 (8 oz.) pkg. cream cheese, softened
1 c. sugar

1/2 c. slivered almonds
2 c. blueberries

Dissolve 1 package raspberry gelatin in 2 cups hot water; pour into 9x13 inch pan. Chill until firm. Soften unflavored gelatin in 1/2 cup cold water. Place sugar and half and half in saucepan; bring to boiling point, but do not boil. Remove from heat; add softened gelatin and cream cheese. Beat at low speed until smooth. Add almonds; let cool. Pour over firm raspberry layer; chill until firm. Dissolve remaining raspberry gelatin in 1 cup hot water; add blueberries. Let cool. Pour over cheese layer; chill until firm.

SALAD OF THE SEA

Elaine Ramsey

2 pkg. lemon jello
2 1/2 c. boiling water
4 Tbsp. mayonnaise
Juice of 1/2 lemon
1/2 pt. whipping cream
6 hard boiled eggs, chopped
1 grated carrot
2 cans shrimp or crab

Dissolve jello in boiling water, then let cool to the jelly stage. Add the mayonnaise, lemon juice, eggs, carrot and seafood. Fold in the stiffly beaten cream. Garnish with wedges of fresh tomatoes, asparagus tips and deviled egg halves.

MOLDED SALAD WITH CRAB

Jan Morberg

1 pkg. lime jello
1 c. hot water
1 c. crushed pineapple
3 grated carrots
1/4 c. chopped green pepper (optional)
1 tsp. grated onion
1 jar Kraft pimento cheese
1 c. mayonnaise

Topping:

1/2 c. mayonnaise
Juice of 1 lemon
1/2 c. chili sauce
1/2 tsp. grated onion
1 can crab, flaked
2 hard cooked eggs, chopped
1/2 c. diced celery
Parsley
Worcestershire sauce

Prepare first 8 ingredients as for jello salad. Mix ingredients for topping, pour on top of salad that has set.

CRAB AND SHRIMP SALAD

Helen Kibbey

1 large loaf white "sandwich" bread
Margarine
1 onion, minced
1 can crab
2 cans shrimp, drained
1 c. finely chopped celery
4-6 hard boiled eggs, chopped
3 c. mayonnaise
Garnishes: Cherry tomato, lettuce

Cut crusts from bread, spread lightly with margarine. Cut into cubes (20 per slice). Add onion and egg, refrigerate overnight. Next morning: Add shrimp, crab, celery and mayonnaise. Mix lightly to combine. Cover. Let stand 3-4 hours in refrigerator. Pile lightly into bowl lined with lettuce. Garnish with tomatoes.

PARTY SEAFOOD SALAD

Marlene Wirsing

2 pkg. lemon jello
1/2 c. white vinegar
1 tsp. salt
1 c. mayonnaise
4 tsp. sliced stuffed olives
1/2 tsp. grated onions
2 hard-boiled eggs, chopped
1 (7 1/2 oz.) can crabmeat
1 lb. cooked shrimp
1 c. diced celery

Dissolve jello in 3 cups hot water; add vinegar and salt. Cool. Combine mayonnaise with jello mixture, blending well. Allow mixture to partially set. Add remaining ingredients. Refrigerate 8-12 hours or overnight. Serves 8-12.

SHERRIED TOMATO-SHRIMP ASPIC

Virginia Ryan

2 env. unflavored gelatin
1/2 c. cold water
2 c. tomato juice
1 tsp. salt
1 stalk celery, chopped
1 small onion, chopped
4 sprigs parsley
1/2 c. dry sherry
1/4 c. finely chopped celery
1/2 c. small shrimp

Soften gelatin in cold water. Combine tomato juice, salt, 1 stalk of celery, onion, parsley and wine in saucepan; cover and simmer 15 minutes. Strain mixture. Add softened gelatin, stirring until dissolved; cool. Stir in 1/4 cup

celery and shrimp. Pour into an oiled mold. Chill until firm, about 2 hours. Unmold on salad greens and serve with a dab of mayonnaise.

SUMMER SHRIMP SALAD

Emma West

1 (8 oz.) can crushed pineapple
12 oz. lime jello
1/4 tsp. salt
2 Tbsp. lemon juice
1 (8 oz.) ctn. sour cream
1 medium cucumber, peeled and diced to make 1 1/4 c.
1 can shrimp

Drain pineapple thoroughly. If not enough syrup to make 1 cup, add water. Heat syrup to boiling. Add jello and stir until dissolved. Add salt, lemon juice and sour cream. Beat until smooth. When partially congealed, add pineapple, cucumber and shrimp. Serves 6 to 8.

EGG SALAD RING

Margaret Westcott

1 Tbsp. unflavored gelatin
1/4 c. cold water
6 finely chopped hard boiled eggs
1/2 tsp. grated onion
1/2 c. mayonnaise
1 tsp. finely chopped parsley (optional)
1/8 tsp. salt
1/2 c. heavy cream, whipped
1/2 c. chili sauce

Dissolve and soften gelatin over hot water; cool. Add remaining ingredients and mix carefully. Put in oiled ring mold. Chill until firm. Serve on lettuce leaf and garnish with sweet pickle. Serves 4.

CURRIED CHICKEN SALAD

Norma Crosby

1 can Mandarin oranges
1 medium banana
4 c. torn mixed greens
2 c. cooked cubed chicken
1/2 c. jellied cranberry sauce
1/4 c. light raisins
1/4 c. salted peanuts
1/2 c. salad dressing
1/2 (8 oz.) ctn. orange yogurt
1/2 to 1 tsp. curry powder

Place salad greens in large bowl or on individual salad plates. Arrange orange, banana, cranberry cubes, raisins

atop salad greens. Top with peanuts.

Dressing: Combine salad dressing, yogurt and curry. Pass dressing with salad. (Sliced pineapple may be added to this.)

CHICKEN CURRY SALAD — Grace Anderson

2 c. diced cooked chicken
3/4 c. raw rice, cooked and cooled
1 lb. can pineapple chunks, drained
1/4 tsp. curry powder or more to taste
1/4 c. mayonnaise
1 Tbsp. red vinegar
1 Tbsp. lemon juice
1/3 c. shredded coconut

Mix above ingredients and refrigerate overnight. Before serving, add:

1 c. chopped celery
1/4 c. chopped green pepper
3/4 c. slivered almonds (if desired)
1 small can Mandarin oranges, drained

Mix well.

FLAPPER SALAD — Jan Morberg

3/4 c. margarine or butter
2 c. powdered sugar
2 eggs (room temperature)
1 (13 oz.) can crushed pineapple
1 c. crushed vanilla wafers or graham crackers
1/2 c. nuts, chopped

Place crumbs in bottom of pan, 8x8x2 inches. Save some crumbs for top. Cream butter, add sugar and beat well. Add egg yolks one at a time. Beat egg whites until very stiff and add to rest of ingredients. Fold in pineapple and nuts and pour over crumbs. Put rest of crumbs on top. Refrigerate for 24 hours.

CARROTS SWEET AND SOUR

Helen Kibbey from Lynn Currie

2 lb. carrots
1 green pepper
1 medium onion
1 can tomato soup
1 Tbsp. Worcestershire sauce
1 Tbsp. dry mustard
1 c. sugar
1/2 c. oil
1/2 c. vinegar

Scrape and slice into 1 inch pieces the carrots. Cook until tender. Drain, put into casserole. Slice over the carrots the green pepper and onion. Mix soup, Worcestershire sauce, mustard, sugar, oil and vinegar. Pour over carrots, pepper and onion. Marinate 24 hours before serving.

KRISTA'S CORN PONE

Layne Green

2 eggs
2 cans creamed corn
1 c. milk
1 c. cracker crumbs
1/2 c. chopped onion
2 Tbsp. butter
2 tsp. salt
1/4 tsp. pepper

Beat eggs. Stir in rest of ingredients and pour into 2 quart baking dish. Bake at 350° for 35-45 minutes.

CORN HOT DISH

Norma Crosby

1 pkg. corn muffin mix
1 small can cream style corn
1 small ctn. sour cream
1 medium onion, minced
1/2 c. milk
1 c. grated Cheddar cheese

Mix muffin mix, corn and 1/2 cup milk. Pour into 8 inch square buttered pan. Sprinkle minced onions over this. Spread sour cream over this and sprinkle with grated cheese. Bake 25 minutes at 400°.

CROCK-POT GREEN BEAN CASSEROLE

Elaine Ramsey

2 lb. fresh green beans, wash and cut
1 (10 1/2 oz.) can cream of mushroom soup, undiluted

1 can French fried onion rings
1 c. grated American cheese
1 can water chestnuts, thinly sliced
Slivered almonds (optional)
Salt and pepper to taste
1/2 c. water

Spread in layers as listed above, making about 3 layers. Save enough French fried onion rings to crumble and sprinkle over top about 20 minutes before serving. Add 1/2 cup water and cook on high for 4 or 5 hours (low: 10 to 14 hours).

Note: If using frozen green beans, use 4 packages cut up green beans.

FOUR-BEAN CASSEROLE

Helen Kibbey

2 (1 lb. each) cans pinto beans, drained
1 (1 lb.) can kidney beans, drained
1 (1 lb. 4 oz.) can garbanzo beans, drained
1 (1 lb. 12 oz.) can baked beans
8 slices bacon
4 large onions, peeled and separated into rings
1 c. dark corn syrup
1/2 c. cider vinegar
1 tsp. dry mustard
1/2 tsp. garlic powder

Mix all beans together in 3 quart casserole. Cook bacon in large skillet. Drain bacon on absorbent paper. Add onions, corn syrup, vinegar, mustard and garlic powder to bacon fat in skillet. Bring to boil, cover, reduce heat, simmer 20 minutes. Crumble bacon. Add onion mixture and bacon to beans. Cover, bake at 350° for 30 minutes. Uncover and continue baking 1 1/2 hours or until browned and desired thickness. Makes 12 servings.

PICNIC FAVORITE BAKED BEANS

Bethel Schneebeck

1 (16 or 18 oz.) can pork and beans
1/4 c. catsup
Salt and pepper
Onion salt
2 Tbsp. brown sugar
1/4 tsp. dry mustard (optional)
2 or more slices bacon in 1 inch pieces

Combine ingredients. Bake covered in greased casserole in 350° oven for 20 minutes. Uncover and bake for 20 minutes more.

EV'S POTATOES

Layne Green

1 lb. pkg. thawed cubed hash browns
1 can cream of celery soup
1/4 c. chopped onion, boiled till tender
8 oz. pkg. cream cheese
1 c. shredded Jack cheese

Mix soup and cream cheese with mixer. Add onion and potato cubes. Put in dish and cover with the Jack cheese. Bake covered at 350° for 1 hour.

FRENCH-FRIED ONION RINGS

Elaine Ramsey

1 egg
1 c. milk
1 Tbsp. cooking oil
1 c. flour
1 tsp. baking powder
1/4 tsp. salt
3 onions
Oil or shortening for frying
Salt (if desired)

In medium bowl, combine egg, milk and 1 tablespoon cooking oil. Add flour, baking powder and salt. Beat until smooth. Peel and slice onions in 1/4 inch thick crosswise slices; separate into rings. Dip rings in batter. Fry in hot oil or shortening in mini-fryer until golden brown. Drain. Sprinkle with salt, if desired. Serve hot.

*Try this batter for French fried zucchini or carrot slices, too.

MARINATED ZUCCHINI

Linda Gruss

1/3 c. salad oil
3 Tbsp. tarragon wine vinegar
1/2 tsp. sweet basil
1/4 tsp. dry mustard
1/4 tsp. cumin
1/4 tsp. garlic salt
1/8 tsp. pepper
1 medium red onion
2 1/2 c. zucchini
3 large tomatoes

Mix first 7 ingredients for marinade. Peel and slice tomatoes. Slice thinly onion and zucchini. Gently turn vegetables in marinade to coat well. Cover and chill overnight. Mix gently before serving.

ZUCCHINI AND RICE CASSEROLE — Marilyn Karlstrom

1 1/2 lb. zucchini
3/4 c. grated sharp cheese
1/2 c. rice, uncooked
1 can mushroom soup
1/2 can water
1 (4 oz.) can mushrooms
1/2 tsp. salt
1/4 tsp. pepper

Wash and slice zucchini 1/4 inch thick. Arrange 1/3 of it on bottom of 2 quart greased casserole. Top with 1/2 of rice and 1/3 of cheese. Repeat layers and arrange rest of zucchini on top. Combine soup, water and mushrooms, salt and pepper. Heat and pour over casserole. Sprinkle cheese on top. Cover and bake 20 minutes. Uncover for 20 minutes. Bake at 350°. (Sometimes takes more baking.)

ZUCCHINI-RICE-CHEESE CASSEROLE — Elvera Heritage

1/2 c. uncooked rice
1 lb. zucchini
1/2 c. grated cheese
1/4 c. sliced onion
1/4 c. chopped parsley
1/4 c. diced celery
1/4 c. green pepper or pimiento
2 1/2 Tbsp. olive oil
1 large or 2 small eggs
Dash of rosemary and garlic salt
1/2 tsp. salt and pepper

Cook rice, drain. Cook zucchini, celery, onion, and green pepper in small amount of water, drain. Combine all ingredients and bake in a 350° oven for 40 minutes. This "holds" well.

FAR EAST CELERY — Elvera Heritage

6 c. celery, cut "on-the-bias" in 1 inch pieces
1 can cream of chicken soup or cream of celery soup or cream of mushroom soup, undiluted
1 (8 oz.) can sliced water chestnuts
1 (2 oz.) jar pimiento
1 c. bread cubes
1/2 stick margarine
Almonds

Cook celery in boiling salted water about 5 minutes. The celery will be crisp. Pour off water. Add undiluted soup, water chestnuts, thinly sliced, and the cut-up

pimiento. Melt margarine and add bread cubes and slivered almonds. Place celery mixture in casserole and top with bread cubes and almonds. Bake at 350° for 1/2 hour or until heated through. This vegetable casserole "holds" well. Serves 8.

BROCCOLI-SPINACH CASSEROLE

Elvera Heritage

2 pkg. frozen chopped broccoli
2 pkg. frozen chopped spinach
1 pt. IMO or sour cream
1 pkg. Lipton onion soup mix
1 c. grated Cheddar cheese

Cook frozen vegetables according to package directions. Drain thoroughly. Mix IMO or sour cream with dry soup mix. Stir gently into cooked vegetables. Transfer to 9x13 inch baking dish. Sprinkle generous layer of Cheddar cheese over top. Bake at 325° for 40 minutes. Serves 8.

PISTO

A. Wallace

3 Tbsp. olive oil
1 medium onion, sliced
2 large tomatoes, quartered
2-3 garlic cloves, crushed
3/4 tsp. salt
1/4 tsp. oregano or marjoram
1 small eggplant, cubed
1 lb. green beans
3-4 sweet peppers (large dice)

Heat oil in heavy pot. Add all ingredients. Do not add water. Cover, bring to a boil, then turn heat as low as possible and simmer until vegetables are crisp tender. Serve hot or cold. Use any combination of vegetables desired.

OVEN PILAF

Elvera Heritage

1 1/2 c. uncooked rice (instant or long cooking)
1 can beef bouillon
1 tsp. Spice Island orange peel
1 can onion soup or 1 pkg. Lipton onion soup mix and 1 can water (10 1/2 oz.)
1/4 c. butter

Melt butter or margarine in 2-quart casserole in oven

as it heats to 350°. Stir in rice, onion soup, bouillon and orange peel. Bake covered at 350° for 1 hour. Serves 4. This rice casserole "holds" well.

MUSHROOM RICE — Marilyn Karlstrom

2 c. medium noodles
2 c. Minute Rice
2 medium white onions
2 (4 oz.) cans mushroom pieces and juice
1 cube margarine or butter
2 cans consomme

Melt butter in large saucepan. Add noodles, rice and onion (cut fine). Stir over medium heat until well coated with butter and onion is transparent. Add mushrooms and juice and consomme. Bring to simmer. Place in casserole. Cover. Bake in oven, 30-40 minutes, at 350°. Remove cover last few minutes if rice is too moist.

GREEN RICE — Jan Morberg

Place into mixing bowl:

3 c. cooked rice (brown or white)
1/4 c. grated Parmesan cheese
1/2 c. chopped parsley
1/2 c. minced spinach (or frozen chopped spinach)
2 eggs, well beaten
1 c. milk
1/4 c. melted butter
1 1/2 tsp. salt
1 Tbsp. Worcestershire sauce
2 Tbsp. minced onion

Mix all ingredients well and place in 2 quart casserole. Bake at 325° for 45 minutes. Makes 6 servings.

SPANISH RICE — Bessie Lindberg

In a saucepan, combine:

3/4 c. rice
3/4 c. French dressing

Add:

1 lb. can tomatoes
1 lb. can kidney beans
1 1/2 c. water
10 crumbled slices crisp bacon
1 tsp. salt
1/2 c. chopped green pepper
1/4 c. chopped onion

Cover and simmer until rice is done, about 35 minutes.

** NOTES **

MAIN DISHES

HANDY CHART OF KITCHEN MATH WITH METRIC

KITCHEN MATH WITH METRIC TABLES

Measure	Equivalent	Metric (ML)
1 Tbsp.	3 tsp.	14.8 milliliters
2 Tbsp.	1 oz.	29.6 milliliters
1 jigger	1½ oz.	44.4 milliliters
¼ cup	4 Tbsp.	59.2 milliliters
1/3 cup	5 Tbsp. plus 1 tsp.	78.9 milliliters
½ cup	8 Tbsp.	118.4 milliliters
1 cup	16 Tbsp.	236.8 milliliters
1 pint	2 cups	473.6 milliliters
1 quart	4 cups	947.2 milliliters
1 liter	4 cups plus 3½ Tbsp.	1,000.0 milliliters
1 oz. (dry)	2 Tbsp.	28.35 grams
1 pound	16 oz.	453.59 grams
2.21 pounds	35.3 oz.	1.00 kilogram

THE APPROXIMATE CONVERSON FACTORS FOR UNITS OF VOLUME

To Convert from	*To*	*Multiply by*
teaspoons (tsp.)	milliliters (ml)	5
tablespoons (Tbsp.)	milliliters (ml)	15
fluid ounces (fl. oz.)	milliliters (ml)	30
cups (c)	liters (l)	0.24
pints (pt)	liters (l)	0.47
quarts (qt)	liters (l)	0.95
gallons (gal)	liters (l)	3.8
cubic feet (ft^3)	cubic meters (m^3)	0.03
cubic yards (yd^3)	cubic meters (m^3)	0.76
milliliters (ml)	fluid ounces (fl oz)	0.03
liters (l)	pints (pt)	2.1
liters (l)	quarts (qt)	1.06
liters (l)	gallons (gal)	0.26
cubic meters (m^3)	cubic feet (ft^3)	35
cubic meters (m^3)	cubic yards (yd^3)	1.3

DEEP-FAT FRYING TEMPERATURES WITHOUT A THERMOMETER

A 1-inch cube of white bread will turn golden brown:

345° to 355°	65 seconds
355° to 365°	60 seconds
365° to 375°	50 seconds
375° to 385°	40 seconds
385° to 395°	20 seconds

TABLE OF PROPORTIONS

Gelatin (unflavored) - 1 Tbsp. thickens 2 cups liquid

Salt	
Soups & Sauces	1 tsp. to 1 qt. sauce
Dough	1 tsp. to 4 cups flour
Cereals	1 tsp. to 2 cups liquid
Meat	1 tsp. to 1 lb. meat
Vegetables	½ tsp. using 1 qt. water

SIMPLIFIED MEASURES

dash = less than 1/8 teaspoon
3 tsp. = 1 Tbsp.
16 Tbsp. = 1 cup
1 cup = ½ pt.
2 cups = 1 pt.
2 pt. (4 c.) = 1 qt.
4 qt. (liquid) = 1 gal.
8 qt. (solid) = 1 peck
4 pecks = 1 bushel
16 oz. = 1 lb.

If you want to measure part-cups by the tablespoon, remember:

4 Tbsp. = ¼ cup
5 1/3 Tbsp. = 1/3 cup
8 Tbsp. = ½ cup
10 2/3 Tbsp. = 2/3 cup
12 Tbsp. = ¾ cup
14 Tbsp. = 7/8 cup

CONTENTS OF CANS

Of the different sizes of cans used by commercial canners, the most common are:

Size	Average Contents
8-oz.	1 cup
picnic	1¼ cups
No. 300	1¾ cups
No. 1 tall	2 cups
No. 303	2 cups
No. 2	2½ cups
No. 2½	3½ cups
No. 3	4 cups
No. 10	12 to 13 cups

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MAIN DISHES

SMOTHERED STEAK — K. Finnigan

1 1/2 lb. chuck or round steak, cut in strips
1/3 c. flour
1 tsp. salt
1/2 tsp. pepper
1 large onion, sliced
1 lb. can tomatoes
1 (4 oz.) can mushrooms
2 Tbsp. molasses
3 Tbsp. soy sauce
10 oz. frozen pkg. French style green beans

Brown meat in flour, salt, pepper. Stir to coat. Add all ingredients. Cover and cook on medium heat 1 hour and low heat 6 hours. Or, bake in 375° oven for 1 hour and in 300° oven for 3 hours.

DILLY STEAK-ABOBS — Marlene Wirsing

1 1/2 to 2 lb. beef top round steak (1 1/2 inches thick)
1 (8 1/4 oz.) can pineapple chunks
1/2 c. lemon juice
1/4 c. salad oil
1 Tbsp. Worcestershire sauce
1/4 c. packed brown sugar
2 tsp. salt
1 1/2 tsp. dill weed
1 large green pepper, cut in 12 pieces
6 cherry tomatoes, halved

Partially freeze steak; cut in strips 1/4 inch thick or less. Place in plastic bag. Drain pineapple chunks; reserve syrup and combine with lemon juice, oil, Worcestershire sauce, brown sugar, salt and dill weed in saucepan. Cook 5 minutes; cool and pour over steaks. Tie bag securely; marinate in refrigerator at least 4 hours. Pour off marinade; reserve. Thread steak strips on six 15-inch skewers, alternating with pineapple chunks, green pepper and tomato halves. Brush with marinade and broil 3 minutes per side. Serves 6.

CROCK-POT SMOTHERED FLANK STEAK — Elaine Ramsey

2 1/2 lb. beef flank or round steak
Salt and pepper
1 Tbsp. Worcestershire sauce
1 Tbsp. vegetable oil
Paprika
2 medium onions, thinly sliced

1/2 lb. mushrooms, sliced (two 4 oz. cans)
Chopped parsley

With sharp knife, score meat about 1/8 inch deep in diamond pattern on top side. Season with salt and pepper. Rub in Worcestershire sauce and oil. Sprinkle with paprika. Place sliced onions and mushrooms in crock-pot. Roll flank steak, if necessary to fit easily, and place on top of onions. Cover and cook on low setting for 6 to 10 hours. Remove steak to warm carving platter and cut across the grain in thin diagonal slices. Serve with onions and mushrooms, pouring unthickened gravy over all. Sprinkle with parsley.

FLANK STEAK MARINADE

Connie Peterson

2 Tbsp. sesame seed
3 Tbsp. salad oil
1/4 c. soy sauce
1/4 tsp. garlic powder
1/4 tsp. black pepper
1/4 tsp. ginger
2 tsp. brown sugar or 1 tsp. honey

Marinate steak in combined ingredients overnight. Broil.

FLANK STEAK, ORIENTAL

Margaret Westcott

1 flank steak
1/2 c. sherry
1/4 c. soy sauce
2 minced cloves garlic
1 tsp. ground ginger
French Dip Rolls
French Dip Sauce
Butter

Put sherry, soy sauce, minced garlic and ginger in shallow baking dish. Marinate steak in mixture, 3 to 5 hours. Remove steak, place in broiler pan. Broil quickly, 3 to 4 minutes to each side, until it is nicely charred on outside and still juicy red in middle. Cut on diagonal, holding knife so it slopes from right to left. Butter rolls, heat. Make dip according to package directions. Fill rolls with sliced steak. Serve as French dip sandwiches.

GERMAN BEEF ROULADES

Marlene Wirsing

2 lb. round steak
3 carrots, cut into 6 strips
2 Tbsp. flour
1 1/4 tsp. salt
1/4 tsp. pepper
1/8 tsp. garlic powder
1 small chopped onion
1 1/2 lb. sliced mushrooms
1/2 c. shredded Cheddar cheese
2 Tbsp. chopped parsley
3 Tbsp. cooking fat
1 (8 oz.) can tomato sauce

Cut steak into 6 serving pieces; pound to 1/4 inch thickness. Place 3 carrot strips on each steak. Season carrots with 1/4 teaspoon salt. Roll meat around carrots; fasten with toothpicks. Combine flour, 1 teaspoon salt, pepper and garlic. Dredge meat in flour. Brown roulades in fat; place in shallow baking dish. Combine tomato sauce, onion, any reserved seasoned flour; pour over meat. Cover and bake in slow oven (325°) for 1 1/2 hours. Add mushrooms; sprinkle cheese on top. Cover and bake 20 minutes. Serve sauce over meat. Serves 6.

COOK-ALL-DAY ROAST BEEF

Elaine Ramsey

3 Tbsp. Worcestershire sauce
1 pkg. onion soup mix
Salt
1 frozen beef roast

Make a paste with Worcestershire sauce and onion soup mix; add a dash of salt. Spread mixture on top of frozen roast; wrap in foil. Add peeled carrots and potatoes around the roast. Bake all day at 300°.

GINGER BEEF

Roxy Goldade

1 medium chuck roast or 2 lb. sirloin steak
1 medium onion
1 green pepper
1 tsp. soy sauce
1 Tbsp. Worcestershire sauce
Pepper (lemon)
1 tsp. ginger

Optional:
Snap green peas
Any other seasonal vegetable

Cut meat into wafer thin strips. (I leave the meat slightly frozen and use a very sharp knife or an electric knife to cut the strips.) Discard the fat and bones (I make soup from them). Saute meat, onion and green peppers in a Dutch oven or wok. Season and simmer until meat is tender. I often precook onions and green peppers in the microwave oven. If I use snap peas, I blanch in boiling water and add at the last minute.

DINNER BEEF PATTIES

Elaine Ramsey

1 lb. ground beef
1 tsp. salt
1/2 c. chili sauce
1/2 c. water
1 Tbsp. corn syrup
1 Tbsp. Worcestershire sauce

Mix ground beef lightly with salt; shape into 2 or 3 large patties about 1 inch thick. Pan fry over medium heat 8 minutes; turn, cook 5 minutes longer. Spoon chili glaze over; continue cooking, basting with glaze in pan, 3 minutes longer for medium, or until meat is done as you like it. Place meat patties in a covered pan in a warm oven while you add flour and milk to the glaze to thicken it a bit. Serve with rice.

Chili Glaze: Combine chili sauce, water, corn syrup and Worcestershire sauce in a 2 cup measure. Makes about 1 cup.

HAMBURGER-NOODLE SKILLET DINNER

Maryellis Wheaton

1 lb. ground beef
3/4 c. catsup
6 oz. uncooked medium egg noodles
1/2 c. chopped onion
1 1/4 c. water
1 (4 oz.) can mushroom pieces, drained

In 10 to 12 inch skillet, brown meat and onion over moderately high heat, stirring often to break up meat. Put mix in strainer to drain; discard fat. Return meat and onion to pan; add catsup and water and stir to mix. Sprinkle noodles over top and reduce heat to moderately low; cover and simmer 20 to 25 minutes, stirring once or twice, until noodles are tender and most of liquid is absorbed. Stir in mushrooms; cover pan. Remove from heat and let stand 2 or 3 minutes before serving. Makes 4 servings.

CARRY-ALONG CASSEROLE

Elvera Heritage

1 (8 oz.) pkg. wide noodles
2 Tbsp. butter
2 lb. ground beef
2 (8 oz.) cans tomato sauce
2 Tbsp. flour
1 tsp. salt
2 c. cottage cheese
1 c. sour cream or IMO
1 tsp. salt
1/2 c. chopped green onion
1/4 c. chopped ripe olives
2 Tbsp. chopped green pepper
Buttered 3-quart baking dish

Cook noodles according to package directions; drain. In a large skillet, melt butter; add meat and brown. Drain off excess drippings. Add tomato sauce, flour and 1 teaspoon salt; simmer 10 minutes. Mix cottage cheese, sour cream or IMO, 1 teaspoon salt, onions, olives and green pepper. Place one half noodles in baking dish; spread on cottage cheese mixture. Top with remaining noodles and cover with ground beef mixture. Bake 50 minutes in 350° oven. Allow to stand 10 minutes before serving. Serves 12.

HOBO'S DELIGHT

Helen Perdue

1 1/2 lb. ground beef
1 large onion
1 1/2 tsp. salt
1 can tomato sauce
1 can kidney beans
1 can sliced mushrooms
Grated cheese
Pepper
Grated bread crumbs

Lightly brown sliced onions until tender. Add ground beef, salt, pepper and tomato sauce. Simmer until meat is cooked. Add kidney beans (leaving out most of the liquid). Add strained mushrooms. Place in casserole dish and bake to blend flavors. Top with grated cheese and bread crumbs. Brown topping in the oven.

BIG CROWD CASSEROLE

Emma West

1 1/2 lb. ground beef
1 c. chopped onion
1 (12 oz.) can whole kernel corn, drained
1 can cream of chicken soup
1 can cream of mushroom soup
1 c. sour cream
1/4 c. chopped pimento
3/4 tsp. salt
1/2 tsp. Accent
1/4 tsp. pepper
3 c. medium width cooked noodles

Brown meat. Add onions. Cook until tender, but not brown. Add other ingredients. Mix well. Pour into 2 quart casserole. Sprinkle crumbs or grated cheese on top. Bake at 350° for 30 minutes. Makes 10 to 12 servings.

MEAT BALLS — Stella Stadtler

2 lb. ground beef (medium fat)
1 tsp. mustard
1/8 tsp. Tabasco sauce
1/2 Tbsp. soy sauce
1/4 c. catsup
1/2 can mushroom soup
2 eggs
1/2 c. dry milk
3 cloves minced garlic
1 medium onion, minced
1/2 c. oatmeal (raw)
1/2 c. minced celery
3/4 c. shredded carrots
2 or more bouillon cubes

Form into 1 inch balls. Oven bake. Pour off fat. Drizzle 1/2 can mushroom soup over. Heat again and serve in casserole.

SWEDISH MEAT BALLS — Marilyn Karlstrom

1 lb. ground beef
1 lb. ground pork
1 lb. ground veal
2 c. dry crumbs
1 c. cream
1/4 c. finely chopped onions
1/3 tsp. ground allspice
1/3 tsp. cardamon
Salt and pepper

Mix above. If mixture seems too firm, add a small amount of milk. Shape into balls. Deep fry or saute until nicely browned. Place in covered casserole. Add small amount of water and steam until thoroughly done in moderate to slow oven. Serves 12-14.

STUFFED MANICOTTI — J. Bittner

1 lb. ground beef
1/2 c. chopped onion
1 large clove garlic, crushed
2 (6 oz. each) cans tomato paste
2 c. water
2 Tbsp. chopped parsley
1 Tbsp. dried basil, crushed
1 1/2 tsp. salt
Dash of pepper
1/2 c. Parmesan or Romano cheese

1 1/2 lb. (3 c.) fresh Ricotta or cottage cheese
2/3 c. Parmesan or Romano cheese
2 slightly beaten eggs
1/4 c. snipped parsley
1/2 tsp. salt
Dash of pepper
8 to 12 manicotti shells (giant size)

Brown meat in large saucepan; drain excess fat. Add onion and next 6 ingredients. Simmer 30 minutes, stirring occasionally. Meanwhile combine remaining ingredients (except 1/2 cup Parmesan or Romano cheese). Cook manicott in boiling salted water till just tender; drain. Rinse in cold water. Stuff with cheese mixture (iced tea spoon is right size). Pour half tomato and meat sauce into 12 x 7 1/2 x 2 inch baking dish. Arrange manicotti in a row. Top with remaining sauce. Sprinkle with 1/2 cup cheese. Bake in 350° oven 30 to 35 minutes. Serves 6 to 8.

DOUBLE-QUICK MEAT LOAF AND GRAVY DUET

Ann Pound

1 lb. lean ground beef
3/4 packet dehydrated onion soup mix
1 can cream of mushroom soup

Heat oven to 350°. On a 22x24 inch strip of heavy-duty aluminum foil, mix beef and onion soup mix thoroughly, being careful not to tear foil. Form into loaf and pour undiluted cream of mushroom soup over loaf. Wrap loosely in foil. Place on baking sheet. As this loaf bakes, the meat juices combine with the mushroom soup to make a wonderful brown gravy to serve over rice, noodles or potatoes. Bake 1 hour and 20 minutes.

SURPRISE MEAT ROLLS

Elvera Heritage

1 lb. lean ground beef
2 slices bread (made into crumbs in blender)
1/4 c. evaporated milk
1 small onion, minced
1 Tbsp. Worcestershire sauce
1/2 tsp. seasoned salt
1/4 tsp. pepper
2 medium dill pickles, cut in half lengthwise

Mix all of the ingredients except pickles. Divide mixture into 4 equal portions. Flatten patties, placing a pickle

strip in center. Roll meat around pickle until completely covered. Place in a 350° oven for 35 to 40 minutes. Serves 2 generously.

GROUND MEAT WHIRLS

Layne Green

1/4 c. chopped onion
2 Tbsp. chopped green pepper
1/3 c. chopped celery
1 lb. ground beef
3/4 tsp. salt
1/4 tsp. pepper
2 Tbsp. flour
1 Tbsp. meat extract
1/2 c. water
1 recipe Bisquick biscuit dough

Cook onion in hot fat until golden. Add ground pepper, celery, beef, salt and pepper. Cook slightly. Sprinkle with flour and mix well. Add meat extract mixed with water. Cook until thick. Spread cooled mixture on rolled out rectangle of biscuit dough. Roll, seal. Cut in 1 inch slices. Bake at 425° for 20 minutes.

BROCCOLI-BEEF PIE

Jan Morberg

1 lb. ground beef
1/4 c. chopped onions
2 Tbsp. flour
3/4 tsp. salt
1/4 tsp. garlic salt
1 1/4 c. milk
1 (3 oz.) pkg. cream cheese
1 beaten egg
1 (10 oz.) pkg. frozen broccoli, cooked and well drained
2 pkg. refrigerated crescent rolls (16 rolls)
4 oz. Monterey Jack cheese
Milk

In skillet, brown ground beef and onion; drain. Stir in flour, salt and garlic salt. Add milk and cream cheese; cook and stir till mixture is thickened and smooth. Add a moderate amount of hot mixture to beaten egg; return mixture to skillet. Cook and stir over medium heat for 1-2 minutes or till thick. Stir in well drained broccoli. Unroll 1 package crescent rolls. On floured surface, place the 4 sections of dough together. Roll to a 12x7 inch rectangle. Seal edges and perforations together. Roll to a 12 inch square. Fit into a 9 inch pie plate. Trim. Spoon meat into shell. Cut cheese into slices, arrange on top of meat mixture. Roll second package of rolls to 12 inch square as before. Place atop filling. Trim and seal edges with fork.

Cut slits for escape of steam. Brush top of pie with a little milk. Bake in 350° oven for 40 minutes. If pastry browns too quickly, cover with foil last 20 minutes. Let stand 10 minutes before serving. Makes 6 servings. (Better Homes and Gardens, March 1973.)

CHILI BEEF WITH VEGETABLES — Elaine Ramsey

2 Tbsp. butter or margarine
1 Tbsp. salad oil
4 medium potatoes, pared, thinly sliced
4 beef "cubed" steaks
1 (1 5/8 oz.) env. chili seasoning mix
1 c. water
1 (10 oz.) pkg. frozen peas
1 medium green pepper, cut into strips (optional)

Melt butter in oil in large skillet. Brown potatoes in butter-oil mixture, turning occasionally, about 5 minutes. Push potatoes to one side and place 2 steaks in skillet; pile potatoes on top. Add remaining steaks. Brown steaks; turn and place potatoes on top again to brown other side. Mix chili seasoning mix and water; pour over meat and potatoes. Add peas and heat to boiling, breaking peas apart with fork. Cover and simmer 5 minutes. (Pepper should be added with peas and simmer until peas are tender and green pepper is crisp-tender, about 5 minutes.)

MACARONI AND BEEF CANCAN — Maryellis Wheaton

1 1/2 lb. ground beef
1 (15 oz.) can macaroni in cheese sauce
1 (6 oz.) can mushrooms
1 tsp. salt
1 large onion, chopped (1 c.)
1 (about 1 lb.) can tomatoes
1 (7 oz.) can whole kernel corn, drained
1/2 tsp. sugar

1. Shape ground beef into a large patty in a large frying pan; brown 5 minutes on each side, then break up into small chunks; push to one side. 2. Stir onion into pan and saute just until soft; stir in remaining ingredients. 3. Heat to boiling; simmer 15 minutes, or until heated through.

PROKKAS (Stuffed Cabbage) — Elvera Heritage

1 lb. ground beef
1/4 c. matzoh meal
1/2 c. cooked rice
1 egg
1/4 tsp. salt
1 onion, diced
1/2 c. brown sugar
2 (8 oz.) cans tomato sauce
1/2 c. water
12-14 cabbage leaves

Remove leaves from the cabbage head carefully and place them in a large pot. Cover with boiling water. Simmer 5 minutes; drain and cool. Combine meat, matzoh meal, rice, egg, salt and half of the chopped onion. Put heaping tablespoons of the meat mixture in the center of each cabbage leaf. Fold in the sides to cover meat; then roll to close. Put the cabbage rolls in a casserole with open sides down. Combine lemon juice, brown sugar, tomato sauce, water and the rest of the onion. Pour this sauce over cabbage rolls and bake for 75 to 90 minutes at 350°. Serves 6. Prokkas are excellent reheated.

BEEF STEW — M. Gehrke

2 lb. stew meat
1 pkg. onion soup
1 can mushroom soup
1/3 c. red wine
1/2 c. water

Do not brown meat. Combine all ingredients. Bake 2 hours in covered casserole.

SYMPHONY BEEF — K. Finnigan

1/2 lb. chipped beef (in jar or pkg.)
1 lb. can artichoke hearts
1 pt. sour cream
Paprika
1/2 c. dry white wine
1 Tbsp. Parmesan cheese
2 Tbsp. butter
Mushrooms, sliced
1 small can water chestnuts, chopped

Combine all ingredients. Heat over medium. Serve on English muffins.

ANN'S CRAB CREPES

Layne Green

6 oz. can crab
1/4 c. butter
1/2 small onion, chopped
1 c. sliced mushrooms
2 Tbsp. flour
3/4 c. milk
2 Tbsp. sherry
1/2 tsp. salt
Dash of pepper
1/4 tsp. Worcestershire sauce
1 Tbsp. chopped fresh parsley
2 Tbsp. sliced almonds
6 prepared crepes

In frying pan, melt butter over medium heat. Saute onion and mushrooms until onions are soft. Add flour, stir well. Gradually add milk and wine. Cook and stir until thickened. Add crab and remaining ingredients. Divide mixture into each crepe. Put crepes in dish in 350° oven for 20 minutes.

CRAB HOT DISH

Norma Crosby

2 c. wild rice
2 c. white rice
2 cans mushroom soup
1 c. chicken broth
1 c. diced celery
1 small diced green pepper
1 1/2 lb. fresh mushrooms
1 c. blanched almonds
Mellow cheese, grated
Buttered bread crumbs
4 c. crab or 2 crab and 2 shrimp
1/4 lb. butter

Cook rice day before. Saute celery, green pepper, mushrooms and onions in 1/4 pound butter. Mix with rice, almonds and soup. Next day, mix in crab. Spoon into buttered baking dish. Sprinkle top with bread crumbs and cheese. Bake at 350° for 40 minutes. Serves 24.

CRAB OR SHRIMP CASSEROLE

Virginia Ryan

8 slices bread
2 c. crab or shrimp
1/2 c. mayonnaise
1 onion, chopped fine
1 green pepper
1 c. celery, chopped
3 c. milk
4 eggs
1 can mushroom soup
1/2 c. grated cheese
Dash of paprika
Dash of salt

Dice 4 slices of bread and place in bottom of baking

dish. Mix crab and chopped ingredients with mayonnaise. Spread the ingredients evenly over chopped bread. Trim the crust from remaining bread slices and place over the mixture. Mix eggs and milk and pour over bread and mixture. Place in refrigerator all night. Bake at 325° for 15 minutes. Take out of oven and spoon soup over casserole, top with cheese. Bake about 45 minutes.

ALMOND CRAB CASSEROLE

Maryellis Wheaton

1 c. crabmeat
2 (10 1/2 oz. each) cans mushroom soup
1 (3 oz.) can crisp fried noodles
1 c. cleaned cooked shrimp
1 c. finely chopped celery
1/4 c. minced onion
1 (2 oz.) pkg. shaved almonds

Combine above ingredients. Turn into greased casserole and sprinkle shaved almonds over top. Bake in moderate oven at 375° for 25 minutes.

TOASTED CRABMEAT SANDWICHES

Elaine Ramsey

1 c. flaked crabmeat
3 hard-cooked eggs, chopped
1 tsp. minced onion
1 tsp. Worcestershire sauce
4 Tbsp. mayonnaise
3/4 tsp. salt
1/8 tsp. pepper
1/4 tsp. lemon juice
6 slices bread (3 burger buns split)
1/4 c. grated cheese
Paprika

Mix crabmeat, egg, onion, Worcestershire sauce, mayonnaise, salt, pepper and lemon juice. Toast bread. Spread mixture on toast. Sprinkle with cheese, then with paprika. Heat in microwave oven for about 1 minute, or until cheese has melted. Or, place under the broiler in a conventional oven until cheese has melted. Serve at once.

BREADED DEEP FRIED FISH

Janice Hayes

1 c. flour
Salt
Pepper
Accent
1 egg
1/2 c. milk
1 pkg. bread crumbs

Blend egg and milk in a small bowl. Set aside. Prepare flour; add a dash of salt, pepper, garlic powder/salt and Accent. Mix all ingredients together. Then roll meat (chicken, fish, cube steaks, shrimp) in flour, in egg batter, then in bread crumbs. Deep fry and serve hot.

LEMON BASTING SAUCE FOR FISH — S. Herigstad

1 cube butter
1 garlic clove, crushed
1/4 c. dry white wine
2 Tbsp. lemon juice
1/4 tsp. thyme
Dash of pepper

Melt butter. Add remaining ingredients. Heat and blend together.

SEAFOOD CASSEROLE — Ann Pound, Helen Kibbey

2 cans tuna
1 or 2 cans shrimp
1 c. mayonnaise
3 c. cooked rice (1 c. raw and 2 c. water)
1 can mushroom soup
1 can mushrooms
1 can evaporated milk (large)
1 Tbsp. lemon juice
1 green pepper
1 c. chopped celery
1/2 c. onions
1 pkg. almonds

Mix above and cover with crushed potato chips when ready to bake. Bake in 350° oven for 30 to 45 minutes. Bake in 9x13 inch pan.

HURRY-UP RICE SKILLET DINNER — Maryellis Wheaton

1 (about 10 oz.) pkg. frozen mixed vegetables
1/4 tsp. salt
1 1/3 c. precooked rice
1 (7 oz.) can tuna, drained
1/2 tsp. marjoram
2 Tbsp. instant minced onion
2 c. water
1 can condensed cream of celery soup
2 Tbsp. dried parsley flakes
1 tsp. lemon juice

1. Cook frozen mixed vegetables with onion, water and salt in a large skillet 5 minutes. 2. Stir in soup until well blended. Add rice, tuna, parsley and marjoram. Mix to blend; heat slowly to boiling, stirring constantly. 3. Cover

skillet; lower heat. Simmer 5 minutes or until rice is tender and mixture is creamy. Sprinkle with lemon juice. Makes 4 servings.

TUNA CASHEW CASSEROLE

Stella Stadtler

Spread one 3 ounce can chow mein noodles in 8x8 inch pan. Mix:

1 can mushroom soup
1/2 c. milk or half and half
1 (6 oz.) can tuna
1/4 c. chopped cashews
1 c. diced celery
1/4 c. minced onion

Spread 1/2 noodles in bottom of pan. Cover with tuna mix, with 1/2 of the noodles on top. Bake until bubbly at 375°.

TUNA STUFFED ROLLS

Helen Perdue

1 c. tuna
4 hard cooked eggs
1/2 c. chopped nuts
2 Tbsp. mayonnaise
1 pkg. pimento cream cheese
10 stuffed olives (optional)

Put hard cooked eggs and olives through food chopper. Cut hot dog rolls lengthwise, not quite in two though. Butter the upper half and scoop out the lower half. Fill this hole with the mixture of tuna, eggs, olives, walnuts, cheese and mayonnaise. Wrap each roll in waxed paper or foil and put into an oven to heat them through, about 10 minutes in a 350° oven.

TUNA OR SALMON SOUFFLE

Stella Stadtler

1 small can tuna or salmon
1/2 c. chopped onion
1/2 c. chopped green peppers
1 c. chopped celery
4 eggs
2 c. milk
1/2 can mushroom or celery soup and 1/2 can to cover
1 c. grated cheese

Butter baking dish. Lay 4 pieces of white bread in bottom of 9x13 inch or 2 quart casserole. Cover with 1/2 of mixture, then add 4 more slices of bread and the other half of tuna mix. Beat 4 eggs and add 2 cups of milk.

Pour over bread and refrigerate overnight. Pour 1/2 can of mushroom or celery soup over it. Add 1 cup of grated cheese. Pour on balance of soup. Bake at 350° until bubbly and done.

SALMON SOUFFLE

Jan Morberg

A family favorite used by my mother.

2 Tbsp. melted butter
2 Tbsp. flour
1 c. milk
2 well-beaten egg yolks
1/2 tsp. salt
1/4 tsp. nutmeg (optional)
1 (1 lb.) can salmon, flaked
2 stiff beaten egg whites

Make white sauce of butter, flour and milk. Slowly add small amount of sauce to egg yolks and stir into remaining sauce. Add salt, pepper, nutmeg and salmon. Fold in egg whites. Bake in greased casserole in 325° oven 45 minutes. Serve immediately. Garnish with lemon if desired.

SAUCE FOR BAKED SALMON

Emma West

2 lb. salmon
Juice of 1 lemon
1/2 c. sour cream
2 tsp. minced parsley
1 tsp. Worcestershire sauce
1 small minced onion

Put salmon in shallow pan. Salt and pepper. Mix other ingredients and spread on top and inside. Bake at 350° for 35 to 40 minutes.

BIG CATCH SALMON CASSEROLE

Elaine Ramsey

1 can cream of celery soup
1/2 c. mayonnaise
1 lb. flaked salmon
1 (10 oz.) pkg. frozen peas
1 (4 oz.) pkg. noodles
1/4 c. milk
1 Tbsp. chopped onion
1/4 c. shredded American cheese

Cook peas; cook and drain noodles. Combine soup, mayonnaise, milk and cheese; blend well. Stir in salmon, cooked peas, cooked noodles and onion. Pour into 1 1/2 quart casserole. Bake at 350° for 25 minutes.

POACHED FILLET OF SOLE Jan Morberg, Sally Bloom

Chop 1 small onion. In 1 tablespoon hot butter, saute onion, stirring 3 minutes or until tender. Cut fish into serving pieces, arrange on top of onion in skillet. Sprinkle with 1 teaspoon salt, dash of pepper, 1 tablespoon lemon juice, a bay leaf and 3 pieces of lemon. Add 1/2 cup white wine. Cook, covered, over low heat 8-10 minutes. Lift fish out, put on serving dish. Remove bay leaf and lemon. In small bowl, combine 1 tablespoon flour and 1/4 cup milk, stirring until smooth; stir into fish stock in skillet. Cook, stirring until thickened. Spoon over fish.

HEAVENLY SOLE Emma West

4 slices sole
Johnny's seafood seasoning
Sour cream
Parsley
Grated Parmesan cheese

Place sole in lightly oiled pan. Cover with sour cream. Sprinkle with parsley and grated Parmesan cheese. Bake at 350° for 20 to 30 minutes.

FILLET OF SOLE IN WINE SAUCE Marlene Wirsing

4 medium fillet of sole
4 oz. crabmeat
1/2 c. white wine
1/2 c. whipping cream
2 tsp. flour
2 tsp. soft butter
1 box frozen asparagus
Salt to taste
White pepper to taste

Spread 1 ounce crabmeat over each fillet. Roll. Place sole rolls in buttered casserole. Pour in wine; season with salt and white pepper. Cover with foil. Bake 20-25 minutes at 350° until firm. Remove sole rolls; keep warm. Add whipping cream to wine and simmer 5 minutes. Mix flour and butter together; add to liquid and stir until thick and smooth. Spoon over sole and serve with cooked, buttered asparagus.

SHRIMP STUFFED SOLE (Microwave) — Elvera Heritage

1 lb. sole fillets
1/4 c. fine dried bread crumbs
1 (6 oz.) can small shrimp
1/2 tsp. fines herbs
1/4 tsp. onion salt
1/4 tsp. dill weed
3/Tbsp. mayonnaise
1/4 c. grated Parmesan cheese
Salt
1 env. Hollandaise sauce mix
2/3 c. milk
4 Tbsp. white wine

Rinse and dry fillets. Mix next 8 ingredients. Divide evenly among the fillets this mixture. Roll into pinwheels and secure with a wooden toothpick. Place in microwave, cover loosely with waxed paper. Microwave 7 minutes. Rest 2 minutes. Blend sauce mix, milk and wine in a 2 cup glass bowl. Cook 2 minutes until mixture boils, stirring 3 times during the 2 minute interval. Pour sauce over fish, garnish with lemon wedges and parsley. Serves 4.

SHRIMP STUFFED ARTICHOKES — Norma Crosby

6 artichokes
1 Tbsp. oil
1 Tbsp. lemon juice

Dressing:

1/3 c. mayonnaise
1/4 c. sour cream
1 1/2 Tbsp. lemon juice
1/2 tsp. lemon peel
1/4 tsp. salt
1/4 tsp. Dijon mustard
Pepper to taste
2 c. shrimp

Cook artichokes in water, oil and lemon juice. Cool and de-choke. Snip off tips of leaves. Cut slice off base so artichoke is level. Fill center of each with shrimp mixed with dressing. Serves 6.

CHICKEN AND RICE — Stella Stadtler

1 c. uncooked rice
1 pkg. dry onion soup
3/4 c. diced celery
1 (2 1/2 lb.) chicken, cut up and skinned
1 tsp. salt
1/2 tsp. pepper
1 can celery or mushroom soup
2 cans cold water

Alternate layers of ingredients and bake for 20 minutes uncovered. Cover and bake for 45-60 minutes at 350°. Makes 8 servings.

CHICKEN CASHEW CASSEROLE

Virginia Ryan

1 (3 oz.) can crisp chow mein noodles
2 c. diced, cooked chicken
1 c. chopped celery
1 Tbsp. soy sauce
1 c. chopped cashew nuts
2 Tbsp. pimento
1 can mushroom soup
1/2 c. chopped green onions
3/4 c. broth or bouillon

Set aside 1/2 cup crisp noodles. Combine all ingredients and put into oiled 1 1/2 quart casserole. Top with remaining noodles. Bake uncovered at 325° for 30 minutes. Makes 6 servings.

CHICKEN, YAM, PINEAPPLE CASSEROLE

Stella Stadtler

1 broiler fryer, quartered
1 tsp. monosodium glutamate
1/4 c. butter
3/4 tsp. salt
1 Tbsp. cornstarch
Syrup from pineapple and yams
1 Tbsp. lemon juice
1/4 tsp. ginger
1/4 tsp. cinnamon
1/4 tsp. leaf thyme
1 (1 lb.) can yams, drained
Maraschino cherries
1 (8 1/2 oz.) can pineapple slices, drained

Sprinkle fryer with monosodium glutamate and salt, then brown in butter. Bake at 375° for 20 minutes. Mix the rest of the ingredients through the thyme, cook until clear, pour over chicken, yam and pineapple in casserole at 350° for 20 minutes. Baste. Garnish with cherries.

CHICKEN A LA KIEV

Helen Kibbey

8 chicken breasts, boned
8 slices bacon
1 pkg. chipped beef
1 clove garlic, crushed
1/2 pt. sour cream
1 can mushroom soup
1/4 c. white wine

Roll chicken breasts, wrap with bacon and fasten with

toothpicks. Grease pan (9x13 inches), lay chipped beef on bottom of pan. Lay rolled chicken on beef. Mix 1 can mushroom soup, garlic, wine and sour cream. Pour over chicken. Bake 3 hours at 275°, uncovered.

CHICKEN AND ITALIAN SAUSAGE — Norma Crosby

4 half chicken breasts
1/2 lb. sweet Italian sausage
1/2 lb. hot Italian sausage
1 onion
2 c. water
1/2 c. sherry
1 c. dry rice
Mushrooms
Paprika
Salt and pepper
Garlic salt

Put spices on chicken breasts; brown with the skinned sausage. Cut each sausage in thirds. Remove from pan. Saute onions. Add 2 cups water and 1/2 cup sherry. Bring to boil. Add 1 cup dry rice, chicken and sausage. Cook 20 minutes or until rice is done. Add mushrooms and cook 5 minutes more. May be cooked in oven 1 hour instead of on top of stove. Bake at 350°.

CHICKEN AND VEGETABLES IN WINE SAUCE — Helen Kibbey

2 boned chicken breasts
2 Tbsp. oil
1 clove garlic, minced
1 onion, sliced
2 medium carrots, sliced
3/4 c. white wine
2 Tbsp. soy sauce
2 tsp. brown sugar
1/2 tsp. salt
1/8 tsp. ground ginger
1/8 tsp. black pepper
2 stalks celery, sliced diagonally
1 (10 oz.) pkg. broccoli spears, partially thawed

In medium skillet, brown chicken in oil, 7 minutes on each side, until lightly browned. Add garlic, onion and carrots; cook 3 minutes. In small bowl, mix wine, soy sauce, brown sugar, salt, pepper and ginger. Pour over chicken. Cover and simmer 20 minutes. Turn chicken. Add celery and broccoli, cover, cook 10 minutes till juices run clear when chicken is pierced.

STUFFED SALAD ROLLS

Elaine Ramsey

2 c. chopped lettuce
1 c. diced cooked chicken
1/2 c. diced American or Swiss cheese
1/2 c. chopped celery
1/2 c. mayonnaise
2 Tbsp. pickle relish
1/4 tsp. curry powder
8 frankfurter rolls, split, hollowed

Combine lettuce with chicken, cheese and celery in medium sized bowl. Blend mayonnaise, pickle relish and curry powder in small bowl; stir into salad mixture to coat well; pile into prepared rolls.

TURKEY CASSEROLE

M. Gehrke

2 c. diced turkey
2 c. diced celery
1/2 c. slivered almonds
1/2 tsp. salt
2 tsp. onion
2 tsp. lemon juice
1 c. mayonnaise
1 c. grated sharp cheese
1 - 1 1/2 c. crushed potato chips

Combine all ingredients except last 2. Toss well. Place in well greased 2 quart casserole. Sprinkle with cheese and chips. Bake at 350-450° for 10 minutes or until hot.

HAM AND EGG DIVAN

Margaret Westcott

1 (10 oz.) pkg. frozen broccoli
6 hard cooked eggs
3 Tbsp. salad dressing
1 Tbsp. minced onion
1 tsp. prepared mustard
1/2 tsp. Worcestershire sauce
1 (4 1/2 oz.) can deviled ham
2 Tbsp. margarine
2 Tbsp. flour
1 c. milk
1/2 tsp. salt
1 c. sharp process American cheese, diced

Boil broccoli until crisp-tender, drain; arrange in 10 x 6 x 1 1/2 inch baking dish. Cut eggs in half, lengthwise; remove yolks and mash; mix with salad dressing, onion, mustard, Worcestershire sauce and half the ham. Add salt and pepper to taste. Place small amount of ham in egg whites; fill with yolk mixture and top with remaining ham. Arrange on broccoli. Melt butter; blend in flour.

Gradually add milk, stirring constantly. Add salt; add cheese, stir till melted. Cover eggs with sauce. Bake at 350° for 20 to 30 minutes.

HAM AND RICE SKILLET SUPPER — Maryellis Wheaton

2 beef bouillon cubes
1/4 c. butter or margarine
1 small onion, sliced
1/2 c. green pepper strips
1 1/2 c. cooked ham strips
1/2 tsp. thyme
1 1/2 c. enriched precooked rice
1 1/2 c. boiling water
1 c. frozen cut green beans, thawed
1/2 c. celery strips
1/4 c. pitted ripe olives, halved

1. Dissolve bouillon cubes in water. Melt butter in large skillet. Add beans, onion, green pepper and celery and saute for 5 minutes. 2. Stir in ham, olives, thyme and the bouillon; bring to boil. Stir in rice, cover and simmer for 5 minutes. Makes 6 cups or 4 servings.

Note: 1 small onion, half a medium green pepper, 1 stalk celery and 1/2 pound cooked ham may be sliced in food processor.

CALICO BEANS — A. Wallace

2 cans pork and beans, drained
1 can kidney beans, drained
1 can lima beans, drained
2 Tbsp. bacon fat
2 Tbsp. vinegar
Meat (any quantity of Canadian bacon, ham, wieners, bologna, etc.)
1 c. chopped onion
1 clove garlic, minced
1 c. catsup
1 Tbsp. brown sugar
1 tsp. salt

Brown meat in bacon fat. Remove meat and in same fat brown onion and garlic. Add remaining ingredients. Mix with beans. Place meat on top of beans, cover and bake at 350° for 30 to 45 minutes. Or, bake for 30 minutes, turn off oven and leave as long as desired. They will be ready when you are.

PEPPERED PORK

Margaret Westcott

1 green pepper
1 onion
2 Tbsp. margarine
2 Tbsp. flour
2 c. hot water
2 bouillon cubes
2 c. diced leftover pork roast
Boiled rice

Saute onions and green pepper in margarine. Add flour, cook until slightly browned. Dissolve the bouillon cubes in the hot water and stir into the pepper mixture. Add the diced cold pork and cook 10 minutes. Serve over the boiled rice.

SAUERKRAUT RIBS

K. Finnigan

1 large (32 oz.) jar sauerkraut
1 large onion, chopped
1 c. brown sugar
2 lb. pork ribs
White wine

Layer in baking dish (9x13 inches) in this order: Sauerkraut, onion, brown sugar, ribs. Pour wine over ingredients until it floats. Bake covered 6-8 hours at 325°.

SWEET AND SOURS

G. Nelson Birdsall

1 c. soy sauce
1 c. sugar
1/2 tsp. ground ginger
1 1/2 to 2 lb. pork ribs, cut in 1 inch pieces

Combine first 3 ingredients. Pour over pork in a shallow pan. Let stand 1 to 2 hours. Bake in a slow oven until done.

BREAKFAST SOUFFLE

Jan Morberg

4 slices bread, buttered and cubed
3 eggs
2 c. milk
Salt
1/4 tsp. dry mustard
Pepper
1/4 tsp. onion salt
1/4 tsp. Worcestershire sauce
2 c. grated Cheddar cheese
1 lb. sausage, cooked

Beat eggs, seasonings and milk. Layer bread cubes, cheese, sausage. Pour liquid over all. Bake at 350° for 45 minutes to an hour.

BARBECUED RIBS (Oven or Crock-pot) Elaine Ramsey

3 or 4 lb. country spareribs
1 lemon, thinly sliced
1 large onion, thinly sliced
1 c. catsup
1/3 c. Worcestershire sauce
1 tsp. chili powder
1 tsp. salt
2 dashes Tabasco sauce
1 1/2 c. water

Salt ribs; place in shallow roasting pan, meaty side up. Roast at 450° about 30 minutes. Drain excess fat from pan. Top each piece of ribs with a slice of unpeeled lemon and a slice of onion. Make Basting Sauce.

Basting Sauce: Combine remaining ingredients; bring to a boil. Pour over ribs.

Cook in crock-pot on low for 8 to 10 hours - or lower temperature of conventional oven to 350°; bake till well done, about 1 1/2 hours. Baste ribs with the sauce every 15 minutes. If sauce gets too thick, add more water.

ROAST SPARERIBS-MASHED POTATO STUFFING
Margaret Westcott

4 lb. pork spareribs
Mashed Potato Stuffing
Salt and pepper, mixed

Mashed Potato Stuffing:

3 c. hot mashed potatoes
1 c. stale bread crumbs
1 onion, minced
1 tsp. poultry seasoning
1 tsp. salt
1/4 tsp. pepper
1/4 c. melted bacon fat
1 egg, beaten

Combine ingredients for dressing in order given. Dust spareribs with salt and pepper. Place stuffing in oiled baking pan. Cover with ribs. Roast in 400° oven until brown, then reduce heat to 375° and roast an hour or until meat is tender. After the first 20 minutes, add 1 cup water and baste the meat with the drippings.

BAKED ORANGE LAMB STEAKS

Elaine Ramsey

2 lamb steaks, trimmed of excess fat
1 tsp. salt
2 medium orange slices
2 Tbsp. brown sugar
2 Tbsp. grated orange rind
1/2 tsp. ground ginger
1/4 tsp. ground cloves
1 tsp. dried mint flakes
1/4 c. melted butter or margarine

Arrange lamb in shallow baking dish. Sprinkle with salt. Top with orange slices. Combine all other ingredients and pour over lamb and orange slices. Bake in preheated slow oven (325°) for about 40 minutes, basting often.

** NOTES **

notes

notes

BREAD
ROLLS
PASTRY

COOKING SUGGESTIONS

To toast coconut for cakes, put in pie pan and place in moderate oven. Stir often from edges, to brown evenly.

* * * * *

Flour should be sifted once before measuring. Fill the cup without packing.

* * * * *

Do not grease the sides of cake pans, grease only the bottoms.

* * * * *

When beating egg whites do not tap beater on bowl of egg whites. The jarring of beater will cause the whites to lose a great deal of their fluffiness. The beater should be tapped on the hand to clear off the whites.

* * * * *

Rub the bottom of the soup cup with a sliced whole garlic to accent the flavor of Navy Bean Soup.

* * * * *

Eggs should be at least three days old before using in cakes.

* * * * *

SLOW OVEN . . . . . 250 to 325 degrees
MODERATE OVEN. . . . 350 to 375 degrees
HOT OVEN . . . . . 400 to 450 degrees
VERY HOT OVEN . . . . 450 to 500 degrees

* * * * *

When making cake icing or candy consisting of milk or cream and sugar, add one teaspoon of ordinary table syrup for each cup of sugar used. Boil in the usual way. Your finished product will be much smoother and not so apt to become sugary.

PRESERVED CHILDREN

Take 1 large field, half a dozen children, 2 or 3 small dogs, a pinch of brook and some pebbles. Mix the children and dogs well together; put them on the field, stirring constantly. Pour the brook over the pebbles; sprinkle the field with flowers; spread over all a deep blue sky and bake in the sun. When brown, set away to cool in the bathtub.

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BREAD, ROLLS, PASTRY

BANANA BREAD

Elaine Ramsey

1 c. sugar
1/2 c. shortening
2 eggs, well beaten
3 mashed bananas
1 tsp. baking powder
8 Tbsp. cold water
2 1/2 c. flour
1 tsp. soda
1 c. nuts

Sift dry ingredients and add to other mixture. Bake at 350° for 1 hour.

BANANA BLUEBERRY LOAF

R. Shields

1/2 c. shortening
2/3 c. sugar
2 eggs, well beaten
1 1/2 c. flour
2 1/4 tsp. baking powder
1/2 tsp. salt
2 bananas, mashed
1/2 c. oatmeal
1 c. blueberries

Beat together shortening and sugar. Add eggs. Beat in dry ingredients, bananas and oatmeal. Fold in blueberries. Bake in 1 loaf pan in 350° oven for 1 hour.

BUTTERMILK BREAD

Norma Crosby

2 c. graham flour
1 c. white flour
1/2 c. sugar
1 tsp. salt
1 tsp. soda
1 tsp. baking powder
2 c. buttermilk

Mix dry ingredients and add 2 cups buttermilk. Line loaf pan with waxed paper. Bake 1 hour at 350°. Brush on oil after you take it out of oven.

DATE/NUT BREAD

Bessie Lindberg

1/2 c. shortening
1/2 c. sugar
2 eggs
1 3/4 c. sifted flour
1 tsp. baking powder
1/2 tsp. soda
1/2 tsp. salt
1 (8 oz.) pkg. cut up dates

1 c. walnuts
1/2 c. hot water
1 tsp. vanilla

Cream together shortening and sugar. Add eggs one at a time, beating well after each addition. Pour the hot water over the chopped dates. Add the soda, stir. Let set until needed. Sift remaining dry ingredients together. Set aside. To the shortening mixture, add the date mixture. Stir. Add the flour, etc. You may need to add more flour if the bread seems to thin. Now, add the vanilla and walnuts. Stir. Pour into a 9 1/2 x 5 x 3 inch loaf pan. Pan should be well greased. Bake 1 hour at 325°. When done, leave in the oven, with heat turned off, for another 10 minutes. Remove from pan by setting on a rack.

PUMPKIN NUT BREAD

Elaine Ramsey

2 c. sifted flour
2 tsp. baking powder
1/2 tsp. soda
1 tsp. salt
1 tsp. cinnamon
1/2 tsp. nutmeg
1 c. solid pack pumpkin
1 c. sugar
1/2 c. milk
2 eggs
1/4 c. softened butter
1 c. chopped pecans

Sift together flour, baking powder, soda, salt and spices. Combine pumpkin, sugar, milk and eggs in mixing bowl. Add dry ingredients and softened butter; mix until well blended. Stir in nuts. Spread in well-greased standard (9x5x3 inch) loaf pan. Bake in 350° oven for 45 to 55 minutes or until toothpick inserted in center comes out clean. Makes 1 loaf.

Note: For 2 loaves, use one 16 ounce can of pumpkin and double remaining ingredients. Bread may be frozen.

SAGE BREAD

Roxy Goldade

2 pkg. yeast
4 1/4 c. water
2 c. oatmeal
1 c. molasses (or honey)
2/3 c. shortening
2 Tbsp. salt
4 eggs
12 or 13 c. flour (white)
Spices to taste (celery, sage, rosemary or any other)

Put the oatmeal and yeast into warm water to dissolve

and soften. Add the rest of the ingredients and then the flour, kneading it into dough. Grease a large pan and place dough in a warm place to rise. Punch down and shape into loaves. Let them rise and bake in 350° to 375° oven for about 30 to 40 minutes.

7 GRAIN CEREAL BREAD

Roxy Goldade

1 pkg. Orowheat 7 grain cereal, soaked overnight in 1 qt. water
3/4 c. oil
3/4 c. honey
1 1/3 c. dry milk solids
2 or more yeast packages, soaked in 1/2 cup of water
1 c. sunflower seed
1 1/2 tsp. salt
4 c. white flour
4 c. whole wheat flour

Soak cereal overnight. Combine remaining ingredients, adding flour, and knead. Let rise 4 hours. Punch down and let it rise 2 hours. Shape into 3 loaves and let it rise 1/2 hour. Bake at 350-375° about 45 to 50 minutes.

ZUCCHINI BREAD

Judy Finstuen

A:

2 c. sugar
1 c. oil
3 eggs
2 c. shredded zucchini (skin and all)
1 tsp. vanilla

B:

3 c. sifted flour
1/4 tsp. baking powder
1 tsp. soda
1/2 tsp. salt
1 tsp. cinnamon
1 tsp. ginger
1 tsp. cloves (omit the cloves if freezing, it makes the bread bitter)

Mix ingredients A together. Sift ingredients B together. Stir A and B together. Add 1 cup chopped walnuts. Bake in 2 loaf pans at 350° for about 1 hour or until tests done.

ZUCCHINI BREAD

Stella Stadtler

3 eggs, beaten
2 c. brown sugar
1 c. oil
2 c. grated zucchini (10 oz.)
2 tsp. vanilla
1 tsp. salt
1 1/2 tsp. soda
2 tsp. cinnamon
2 1/4 tsp. baking powder, sprinkled on 3 c. flour
3/4 c. nuts

For Chocolate: Eliminate 1/2 cup flour and add 1/2 cup cocoa.

Beat eggs and brown sugar. Add oil, zucchini and vanilla. Add dry ingredients and nuts. Peel zucchini if needed. Bake at 325° for 1 hour or less in loaf pans (two 9x5x3 inch pans). Cool 10 minutes in pan, then remove. Peel baking paper from back and rewrap in waxed paper for storing in freezer. Pans should be well greased and lined with paper. I make a triple recipe.

PARMESAN PUFFS

Emma West

Day old bread
1/2 c. mayonnaise
Parmesan cheese

Cut rounds of bread with small cookie cutter. Mix mayonnaise with 2 tablespoons Parmesan cheese. Cover rounds generously. Place on cookie sheet. Refrigerate until ready to bake. Set oven at 375°. Sprinkle more cheese on each round (can add a dash of paprika for color). Bake about 10 minutes.

POPOVERS

Helen Perdue

2 eggs
1 c. milk
1 c. flour
1/2 tsp. salt

Add milk, flour and salt to eggs. Mix. Fill greased muffin tins 3/4 full. Place in cold oven. Bake at 450° for 30 minutes.

REFRIGERATOR BRAN MUFFINS — Stella Stadtler

2 1/2 c. flour
1 1/2 c. sugar (brown)
1/2 c. salad oil
2 eggs
2 c. buttermilk
1 c. Nabisco 100% bran
1 c. boiling water
2 c. Kellogg's All-Bran
1 c. cut dates
3/4 c. chopped nuts
1/2 tsp. salt
2 1/2 tsp. soda

Mix first 5 ingredients. Mix hot water and bran. Let stand 15 minutes. Add soda and salt to flour mix and add all ingredients. Store dough 3 days in refrigerator. Bake as needed at 350°. Makes 3 dozen. They freeze well.

REFRIGERATOR CEREAL MUFFINS — Virginia Ryan

2 1/2 c. whole wheat flour
2 1/2 tsp. soda
1/2 tsp. salt
2 c. whole bran cereal or
3 c. rolled oats
1 c. boiling water
1/2 c. margarine, melted
1 c. sugar
1/4 c. wheat germ
2 eggs, slghtly beaten
2 c. buttermilk
1 c. nuts, chopped
1 c. raisins or dates

Combine the whole wheat flour, soda and salt; set aside. In a large bowl, stir together the bran or oat cereal and boiling water; cool slightly. Stir in butter, sugar, wheat germ, eggs and buttermilk. Add flour mixture, stirring just until blended. To store, refrigerate in a tightly covered container for up to 4 weeks. Bake muffins in 375° oven about 25 minutes.

BAKLAVA — Mrs. Gatbunton

1 lb. walnut meats, finely chopped (easier in blender)
1 c. sugar
1 1/2 tsp. cinnamon
1 lb. phyllo pastry sheets
1 lb. butter, melted

Syrup:

3 c. sugar
2 1/2 c. sugar

After chopping walnuts, add sugar and cinnamon to

them and mix well. Butter a large baking pan and line with 5 sheets of phyllo pastry, buttering each sheet evenly. Spread some of the nut mixture over entire surface. Add 2 buttered pastry sheets and spread evenly with nut mixture. Continue until all nut mixture is used, saving 5 sheets of phyllo for the top layer. Be sure to carefully butter each sheet of pastry. With a sharp knife, cut Baklava into diamond-shaped pieces. Bake in a 325° oven for 30 minutes, placing pan on middle shelf of oven. Move to top shelf and bake for an additional 30 minutes. Remove from oven and pour the hot syrup over the hot Baklava. Makes 30 to 36 servings.

Syrup: In a saucepan, combine 3 cups sugar and 2 1/2 cups water. Bring to a boil and simmer for 15 minutes.

RAMSEY CINNAMON ROLLS

Winnie Ramsey

1/2 c. milk
1/4 c. shortening
4 Tbsp. sugar
2 tsp. salt
1/2 c. cold water
1 pkg. dry yeast
1 egg, unbeaten
3 c. sifted flour
Margarine
Sugar
Cinnamon
Raisins (optional)

Scald the milk. Add the shortening, sugar, salt and cold water. Cool to lukewarm. Put into large bowl of mixer. Add the yeast and egg. Beat on medium until yeast is dissolved. Add gradually 2 cups sifted flour while beating on low speed, beat about 2 minutes until well blended. Scrape sides of bowl while beating. Remove from mixer. Stir in by hand 1 cup sifted flour. Place in large greased pan, cover with waxed paper, place in a warm oven for 45 minutes to an hour. Should double in quantity. Remove from pan, knead dough. Divide in half and roll out until thin. Cover generously with margarine, sugar and cinnamon. (Add raisins at this time if desired.) Roll, cut and bake. Bake in a hot oven, 425°, for about 20 to 30 minutes or until golden brown.

TWINKLE SPONGE CAKE — Elaine Ramsey

6 eggs
1 c. sugar
1 c. flour
1 tsp. baking powder
1/4 tsp. salt
1/2 c. scalded milk (hot)
1 tsp. vanilla or almond

Beat eggs till thick and lemon colored (about 5 minutes with electric mixer on medium speed). Gradually add the sugar few spoons at a time; beat another 3 minutes. Slowly add flour, baking powder, salt. Beat in milk in 3 equal portions till blended. Add flavoring. Beat 2 minutes. Pour batter into a greased and floured jelly roll pan (15 x 12 x 1 1/2 inches). Bake in center of preheated oven at 350° for 38 to 42 minutes, or until toothpick inserted in center comes out clean. Cool 1 hour on rack. Cut into finger shapes. Spread with filling and form into sandwiches. Wrap and refrigerate or freeze to use as needed. Makes 24 sandwiches, 48 single cakes.

Twinkle Filling:

1/4 lb. butter
1/2 c. Crisco
1 c. granular sugar
5 1/3 oz. Pet milk
2 tsp. vanilla

Beat the mixture without stopping for 30 minutes. Sufficient to fill 24 Twinkle Sandwiches.

MARSHMALLOW PUFFS — Bobbie Demmer, Claudy Randolph

1 pkg. refrigerator biscuits
1/4 c. butter, melted
Cinnamon
Regular marshmallows

Glaze: Use 1/2 cup powdered sugar

Preheat oven to 375°. Use some of the butter to butter muffin tins. Roll out biscuits or stretch on cutting board, to wrap marshmallows. Do not use any extra flour. Put marshmallow on fork and dip in melted butter. Sprinkle buttered marshmallow with cinnamon. Fold biscuit around marshmallow and seal tightly. Place in muffin tin (sealed edge down); brush with remaining butter. Bake 15 to 20 minutes until lightly browned. Dribble glaze over. Serve warm.

Glaze: Use 1/2 cup powdered sugar, sifted, and just enough water - very small amount - to make it like thick gravy. (These are like doughnuts. The marshmallow will disappear in baking.)

HOLIDAY PASTRY

Bessie Lindberg

1st Part (Crust):

1 c. sifted flour
1/2 c. butter
3 Tbsp. water

Heat butter and water until it just boils. Quickly, put in all flour. Stir and knead, until it makes a ball. Divide dough in half. In pan, ungreased, pat dough into 2 long strips of about 3x12 inches long. Place at least an inch apart. Set aside.

2nd Part (Puff Part):

1/2 c. butter
1 c. water
1 c. flour
3 eggs
1 tsp. vanilla (to be added before the eggs)

Place butter and water in pan. Bring to boil. Turn heat to low. All at once add flour. Beat quickly. Add eggs one at a time, beating quickly after each egg. Divide in half. Spoon and spread on the two strips of pastry. Bake at 325° for 60 minutes. When done, shut off oven and leave in oven for another 10 minutes. When cooled, frost lightly with thin powdered sugar frosting. Decorations may be dropped over the frosting, if desired. Best eaten fresh.

EASY COCONUT PIE

Maryellis Wheaton

2 c. milk
3/4 c. sugar
1/2 c. biscuit mix
1 c. flaked coconut
4 eggs
1/2 c. margarine, melted
1/2 tsp. vanilla

Combine all but coconut in electric blender. Process for 3 minutes. Pour into greased 9 inch pie plate. Let stand for 5 minutes. Sprinkle coconut over pie. Bake at 350° in oven for 40 minutes. This makes its own crust.

CHART HOUSE MUD PIE

K. Finnigan

1/2 pkg. Nabisco chocolate wafers
1/2 cube butter, melted
1 qt. coffee ice cream
1 1/2 c. fudge sauce

Crust wafers and add butter. Mix well. Press into 9 inch pie plate. Cover with soft ice cream. Put into freezer till ice cream is firm. Top with cold fudge sauce. Store 10 hours in freezer.

GRANDPA'S FAVORITE CHOCOLATE CHIP PIE

Ann Pound

28 marshmallows
1/2 c. milk
1/2 c. whipping cream, whipped
2 squares grated unsweetened baking chocolate
1/2 c. nuts

Crust:

12 crushed graham crackers
3 Tbsp. melted butter
3 Tbsp. sugar

Melt marshmallows in top of double boiler. When melted, add milk. Let stand until cool. When cool, add grated baking chocolate, nuts and whipped cream. Place in pie tin (8 inch) and let stand 4 or 5 hours in refrigerator.

MT. ST. HELEN'S PIE

Emma West

1 graham cracker pie crust
1 large Hershey's almond bar
1 large ctn. Cool Whip
Extra almonds (optional)

Melt Hershey's bar over hot water. Fold in Cool Whip. Pour into pie shell. Reserve a little chocolate to dribble from the center of the pie. Refrigerate.

GINGERED ICE CREAM PIE

Bethel Schneebeck

1 pt. vanilla ice cream
2 Tbsp. finely chopped candied ginger
1 (9 inch) baked pastry shell, cooled
1 1/2 c. tiny marshmallows
1 c. canned pumpkin
1 c. sugar
1/2 tsp. salt
1/2 tsp. ginger
1/4 tsp. nutmeg
1 c. whipping cream

Stir ice cream just to soften; quickly fold in ginger; spread over bottom of pastry shell. Freeze firm. Mix pumpkin with sugar, salt, ginger, nutmeg and marshmallows; fold in whipped cream. Pile over ice cream layer. Freeze.

LEMON PIE

Maryellis Wheaton

1 medium sized lemon
4 eggs
1 1/2 c. sugar
2/3 stick melted margarine

Wash lemon, slice and cube (use rind, but remove seeds). Place all ingredients in blender. Process well using high speed. Pour into unbaked 9 inch pie shell. Place on cookie sheet and bake 40 minutes at 325°. No meringue needed - it forms its own light crust on top.

ORIENTAL PIE

Geraldine Martindale

2 bananas, mashed
1 c. chopped dates
1/2 c. sugar
2 egg whites
1 tsp. vanilla
1 (8 inch) graham cracker crust

Beat egg whites until fluffy, add sugar slowly, then add bananas and chopped dates. Beat all until fluffy. Put in graham cracker crust and bake for 20 minutes at 375° or until golden brown and set. Serve when slightly warm.

FLUFFY RASPBERRY PIE

Bethel Schneebeck

1 pkg. raspberry gelatin
1 c. boiling water
Few drops of lemon juice
1 pkg. frozen raspberries
2 egg whites, stiffly beaten
1/2 pt. heavy cream, whipped
1 (9 inch) pie crust

Pour boiling water over gelatin and stir until dissolved. Empty frozen raspberries into gelatin mixture and stir. Add lemon juice and place in refrigerator to cool. Fold in whipped cream and egg white. Pour into pie shell and chill until firm.

STRAWBERRY GLAZED PIE — Helen Perdue

2 c. strawberries
2 Tbsp. cornstarch
1 baked pie crust
1 c. sugar
1 Tbsp. grated orange peel

Arrange 1 cup of the berries in the bottom of the pie shell. Sprinkle with a little sugar if desired. Mash the other cup of berries. Combine sugar and cornstarch, mix into mashed berries and orange peel. Cook until thick, stirring constantly. Pour over uncooked berries. Chill, top with whipped cream.

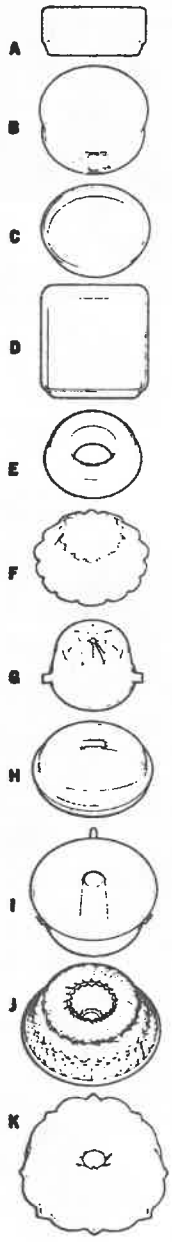
** NOTES **

** NOTES **

CAKES
COOKIES
DESSERTS

HANDY CHART OF KITCHEN MATH
(Size of Pans and Baking Dishes)

Cooking need never become a crisis, when you use our handy charts. Need a 4 or 6-cup baking dish? Will your fancy mold be the right size for the recipe? See below for the answers.



COMMON KITCHEN PANS TO USE AS CASSEROLES WHEN THE RECIPE CALLS FOR:

4-cup baking dish:
- 9-inch pie plate
- 8x1¼-inch layer cake pan—**C**
- 7 3/8 x 3 5/8 x 2¼-inch loaf pan—**A**

6-cup baking dish:
- 8 or 9x1½-inch layer cake pan—**C**
- 10-inch pie plate
- 8½ x 3 5/8 x 2 5/8 inch loaf pan—**A**

8-cup baking dish:
- 8x8x2-inch square pan—**D**
- 11x7x1½-inch baking pan
- 9x5x3-inch loaf pan—**A**

10-cup baking dish:
- 9x9x2-inch square pan—**D**
- 11¾x7½x1¾-inch baking pan
- 15x10x1-inch jelly-roll pan

12-cup baking dish and over:

13½x8½x2-inch glass baking pan	12 cups
13x9x2-inch metal baking pan	15 cups
14x10½x2½-inch roasting pan	19 cups

TOTAL VOLUME OF VARIOUS SPECIAL BAKING PANS

Tube Pans:	
7½x3-inch "Bundt" tube pan—**K**	6 cups
9x3½-inch fancy tube or "Bundt" pan **J** or **K**	9 cups
9x3½-inch angel cake pan—**I**	12 cups
10x3¾-inch "Bundt" or "Crownburst" pan—**K**	12 cups
9x3½-inch fancy tube mold—**J**	12 cups
10x4-inch fancy tube mold (Kugelhupf)—**J**	16 cups
10x4-inch angel cake pan—**I**	18 cups
Melon Mold:	
7x5½x4-inch mold—**H**	6 cups
Spring-Form Pans:	
8x3-inch pan—**B**	12 cups
9x3-inch pan—**B**	16 cups
Ring Molds:	
8½x2¼-inch mold—**E**	4½ cups
9¼x2¾-inch mold—**E**	8 cups
Charlotte Mold:	
6x4¼-inch mold—**G**	7½ cups
Brioche Pan:	
9½x3¼-inch pan—**F**	8 cups

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NORWEGIAN KRUMKAKE

Marlene Wirsing

1 c. sugar
1 tsp. ground cardamom (can substitute 1 tsp. vanilla or 1/2 tsp. nutmeg)
1/2 c. whipping cream, whipped
1/2 c. softened butter
3 eggs
1 1/4 to 1 1/2 c. flour

Beat eggs; add sugar, whipping cream, butter and cardamom. Add enough flour to handle easily, testing on hot iron. Drop by teaspoonful on krumkake iron. Close. Bake over burner on moderate heat, about 2 minutes per side. If mixture is too thin, add a little more flour. Roll each on round wooden spoon handle or cone at once. Makes about 60.

Note: Krumkake irons are sold in most department stores between October and December.

ROSETTES AND TIMBALES

Elaine Ramsey

2 eggs, slightly beaten
2 tsp. granular sugar
1 c. milk
Confectioners sugar or sugar and cinnamon
1 c. all-purpose flour (if using self-rising flour, omit salt)
1/4 tsp. salt

1. Mix eggs, granulated sugar and milk. Stir in flour and salt, beating until smooth. Batter will be about the consistency of heavy cream. 2. Heat oil to 350° in deep saucepan or electric skillet. (Increase temperature to 400° for rosettes.) Heat iron in hot oil; drain excess oil on paper toweling. Dip heated iron into batter until mold is 2/3 covered. 3. Dip coated iron quickly into hot oil, cooking until golden brown, about 1 minute. Remove timbale or rosette from iron; drain on paper toweling. (If timbale or rosette is not crisp, batter is too thick and should be diluted with milk.) If using timbales or rosettes for a dessert, dip in confectioners sugar while warm. ("Patty shell sets" are available in any store that has a good selection of kitchen gadgets.)

BROWNIES — Norma Crosby

1:

4 eggs
2 c. sugar

2:

1 c. melted Crisco
2 tsp. vanilla
1/2 c. unsweetened cocoa
2 c. flour

3:

3 1/2 Tbsp. boiling water
1 c. chopped walnuts

Frosting:

1 1/2 c. powdered sugar
3/4 cube butter
1 small can Hershey's chocolate syrup

Beat 1 ingredients well. Add second group. Beat well. Add third group, beat. Bake 25-30 minutes in 9x13 inch pan. Pierce top with a fork. Mix frosting and pour over brownies while they are still hot. Cut in squares when cool.

CHOCOLATE DROP COOKIES — Grace Anderson

1/2 c. shortening
1 egg
1 1/2 c. flour
1 tsp. baking powder
1/3 c. cocoa or 2 squares chocolate
7/8 c. sugar
1/2 c. milk
1/2 tsp. salt
1 c. chopped nuts
1 tsp. vanilla

Cream shortening and sugar. Add egg and beat well. Add sifted dry ingredients alternately with milk. Stir in vanilla and nuts. Drop by rounded teaspoon on greased cookie sheet. Bake in oven at 400° for about 10 minutes, but this depends upon size of cookies. These are like miniature chocolate cakes and very good.

CHOCOLATE MINT STICKS

Judy Finstuen
Marilyn Karlstrom

Cake:

1/2 c. butter or margarine
2 eggs
2 squares unsweetened chocolate, melted
1 c. sugar
1 tsp. vanilla
1/2 c. sifted flour
1/2 c. nuts (optional)

Mint Filling:

3 Tbsp. soft butter
1 1/2 Tbsp. cream
1/2 tsp. peppermint extract
Green food coloring
1 1/2 c. powdered sugar

Glaze:

2 squares unsweetened chocolate
2 Tbsp. butter

Cake: Mix and pour into greased 8 or 9 inch square pan. Bake at 350° for 25 minutes.

Mint Filling: Beat well. Spread over cooled brownie layer. Let stand until set.

Chocolate Glaze: Melt 2 squares unsweetened chocolate (don't use presoftened) with 2 tablespoons butter. Spread over top of mint frosting. Chill until firm. Cut into bars 2 x 3/4 inch.

NUTTY NOUGATS

Virginia Ryan

1 c. shortening
1 c. white sugar
1 c. brown sugar
2 eggs
1 tsp. vanilla
2 c. flour
1 tsp. soda
1/2 tsp. baking powder
1/2 tsp. salt
2 c. rolled oats
2 c. Rice Krispies
1 c. coconut

Cream shortening with white and brown sugar. Add the beaten eggs and vanilla. Gradually add the flour, soda and baking powder which have been sifted together. Add

the remaining ingredients and drop by teaspoonful onto a greased cookie sheet. Bake at 375° for 10 minutes until they have turned a golden brown.

CINNAMON STICKS (Cookies) — Clara Langvad

1/2 c. butter
1/2 c. Crisco
Pinch of salt
5 Tbsp. sugar
2 c. flour, sift before measuring
1 tsp. vanilla

Mix all together, then roll in strips with palm of hand to the thickness of the little finger or so. Cut in 2 inch strips on slant. Roll in cinnamon or cinnamon-sugar. Bake at 350° for 20 minutes.

SOFT GINGER COOKIES — Grace Anderson

1 c. shortening
1 c. sugar
2 eggs
1 c. molasses
5 1/2 c. flour
3 tsp. soda
1 tsp. cinnamon
2 tsp. ginger
1/2 tsp. cloves
1 c. sour milk

Cream shortening and sugar until fluffy. Add eggs and beat well. Add molasses and blend. Add sifted dry ingredients alternately with sour milk, blending until smooth. Cool dough before rolling and don't roll too thin. Cut cookies. Grease and flour cookie sheet. Bake at 350° for 12 to 15 minutes. Frost with Orange Icing.

LEMON PIE SQUARES — Layne Green

2 1/4 c. sifted flour
1 1/4 tsp. salt
2 1/4 tsp. sugar
3/4 c. oil
3 1/2 Tbsp. milk
2 small size pkg. regular lemon pudding mix
Eggs

Mix flour, salt and sugar and put in 10x13 inch pan. Add oil and milk to mixture in pan and mix well. Pat into pan. Prick with fork. Make a slight edge. Bake at 425° for 12-15 minutes. Follow directions for lemon pie on pudding mix. Beat egg whites and fold into hot pudding. Put pudding on crust and refrigerate.

MRS. OLSON'S MOLASSES SUGAR COOKIES

Layne Green

3/4 c. shortening
1 c. sugar
1/4 c. molasses
1 egg
2 tsp. baking soda
1/2 tsp. ginger
1 tsp. cinnamon
1/2 tsp. cloves
2 c. sifted flour
1/2 tsp. salt

Mix all ingredients. Form into balls and dip in sugar. Flatten with glass. Bake at 350° for 10-12 minutes.

SESAME THINS

Marilyn Karlstrom

2 c. flour
1/2 tsp. baking soda
1/2 tsp. salt
1 c. butter
1 c. sugar
1 egg
1 tsp. vanilla
2 pkg. sesame seed (4 oz.)

Cream butter and sugar. Add egg and vanilla. Mix and add flour, baking soda and salt. Chill. Shape into small balls. Roll in seeds to coat lightly. Bake 2 inches apart on lightly greased cookie sheet. Bake at 350° for 10 minutes, or until delicately golden.

OLD GERMAN SOUR CREAM COOKIES

Elaine Ramsey

2 c. flour
1/2 c. sugar
1 tsp. salt
1 c. butter or margarine
2 tsp. finely grated lemon rind
Finely grated rind of 1 orange
1/2 c. commercial sour cream

Heat oven to 475°. Measure flour by dipping or sifting. Blend flour, sugar and salt. Cut in butter and rinds until mixture resembles coarse meal. Blend sour cream in evenly. Gather dough into a firm ball. Divide in half. Roll on well floured board to 1/8 inch thickness. Cut in desired shape. Place on ungreased baking sheet. Brush tops with water; sprinkle with sugar. Top with half of a maraschino cherry. Bake 6 to 8 minutes.

ZUCCHINI BARS

Maryellis Wheaton

3/4 c. margarine
1/2 c. white sugar
1 tsp. vanilla
1 1/2 tsp. baking powder
3/4 c. snipped dates
2 c. shredded zucchini
1/2 c. brown sugar
2 eggs
1 3/4 c. flour (unsifted)
3/4 c. coconut
3/4 c. raisins

Cream margarine and sugar; add eggs and vanilla. Blend flour and baking powder and add to first mixture; then add coconut, dates, raisins and zucchini. Spread in greased 10x15 inch jelly roll pan. Bake at 350° for 35 to 40 minutes (until toothpick inserted comes out clean).

Icing:

1 Tbsp. butter, melted
1 tsp. vanilla
2 Tbsp. milk
1/4 tsp. cinnamon
1 c. powdered sugar

Mix all ingredients and ice bars. Sprinkle 1 cup chopped walnuts on top if desired. Cool thoroughly. Cut into bars. Makes about 4 dozen.

ZUCCHINI COOKIES

Maryellis Wheaton

1 c. shortening
2 eggs
2 c. flour
1/2 tsp. baking powder
1/2 tsp. each ginger, cinnamon and nutmeg
1 c. chopped almonds or walnuts
1 1/2 c. brown sugar
2/3 c. shredded zucchini
1 tsp. soda
1/2 tsp. salt
1 c. uncooked oatmeal
1 c. uncooked wheat cereal
1/2 tsp. almond or black walnut flavoring

Cream shortening and brown sugar. Add eggs, beat till fluffy. Stir in zucchini. Sift dry ingredients together and add to creamed mixture. Stir in oatmeal, cereal, nuts and flavoring. Drop by spoonfuls onto greased cookie sheet. Bake in preheated oven at 375° for 10-12 minutes. Makes about 6 dozen.

OATMEAL CRISPIES (Cookies)

Bessie Lindberg
Virginia Ryan

1 c. shortening
1 c. brown sugar
1 c. white sugar
2 eggs (unbeaten)
1 tsp. vanilla
1 1/2 c. flour
1 tsp. salt
1 tsp. soda
3 c. old fashioned oatmeal
1 1/2 c. nuts
1 c. chocolate chips (optional)

Add the ingredients in the order in which they are listed above. Chill overnight. To make into cookies, roll dough into small balls, flatten and bake on greased cookie sheet at about 325° for 10 to 15 minutes, or until lightly browned.

CEREAL COOKIES

Rae Truex

1/2 c. butter
1/2 c. brown sugar
1/2 c. white sugar
1 egg, well beaten
1/2 tsp. vanilla
1 c. flour
1/2 tsp. soda
1/4 tsp. salt
1/4 tsp. baking powder
1 c. oatmeal
1 c. corn flakes
1/2 c. coconut
1/2 c. chopped nuts (pecans)

Cream butter; add sugar, then egg and vanilla. Sift dry ingredients together and add to creamed mixture. Last add corn flakes, oatmeal, coconut and nuts. Roll into small balls and place about 2 inches apart on greased cookie sheet. Bake at 350° for 10-15 minutes. Makes approximately 6 dozen.

MOUND BARS

Ann Pound

2 c. graham crackers, crushed
1/2 c. sugar
1/2 c. melted butter or margarine

Bake in 9x13 inch pan for 10 minutes at 350°.

1 can Eagle Brand condensed milk
7 oz. coconut

Spread mixture of condensed milk and coconut over baked crust. Bake an additional 15 minutes. Sprinkle with 1 1/2 cups chocolate chips while still hot and spread. Cut when cool.

NANAIMO BARS — Ann Pound

1/2 c. water
1/4 c. sugar
5 Tbsp. cocoa
1 egg
28 crushed graham crackers
1 c. coconut
1/2 c. walnuts

Topping:

1/2 c. butter
3 Tbsp. custard powder
3 Tbsp. milk
2 c. powdered sugar

Melt in double boiler the butter, sugar, cocoa and egg. Add graham crackers, coconut and walnuts. Combine and press in 7x11 inch pan. Beat ingredients for topping and spread over cookie mixture in pan. Melt 2 squares bitter chocolate and spread over top.

GRAHAM CRACKER DREAM BARS — Elaine Ramsey

1 box graham crackers
1 c. butter
1 c. white sugar
1 egg, slightly beaten
1 c. coconut
1 c. graham cracker crumbs
2 1/2 c. powdered sugar
1/2 c. melted butter
Vanilla extract
1 c. chopped nuts

Spread bottom of a 9 1/2 x 13 1/8 inch pan with graham crackers (whole). In a saucepan, put 1 cup butter, white sugar and egg. Cook until full boil (stir constantly), take off at once and add coconut, chopped nuts and graham cracker crumbs. Stir together and pour over crackers in in pan, smooth out evenly. Add another layer of crackers. Make frosting of powdered sugar, 1/2 cup melted butter and vanilla. Add cream to make it spread. Put in refrigerator overnight. Cut in small squares and store in tight tins. These need to set a couple days to be the right consistency.

MAGIC COOKIE BARS

Maryellis Wheaton

1/2 c. butter or margarine, melted
1 c. (6 oz.) semi-sweet chocolate pieces
1 1/2 c. graham cracker crumbs
1 c. chopped nutmeats
1 1/3 c. flaked coconut
1 1/3 c. (15 oz. can) Borden's Eagle Brand sweetened condensed milk

Into bottom of 9x13 inch pan, pour melted butter or margarine. Sprinkle crumbs evenly over melted margarine and press down. Then distribute chopped nuts carefully over crumbs. Distribute chocolate pieces over nuts, flaked coconut evenly over the chocolate. Pour condensed milk over all. Bake in 350° oven 25 minutes or until lightly browned on top. Allow to cool 15 minutes before cutting. Cut into finger length bars. Makes about 2 dozen 1 1/2 x 3 inch bars.

SIX LAYER DREAM SQUARES

B. Irvine

1 cube butter, melted
1 c. crushed graham crackers
1 c. shredded coconut
1 (6 oz.) pkg. chocolate chips
1 can Eagle Brand sweetened condensed milk
1 c. walnuts, chopped

Melt butter in 9x13 inch pan. Sprinkle crushed graham cracker crumbs over melted butter. Add each of the remaining ingredients, one on top of the other, ending with the chopped walnuts. Bake at 325° for 30-40 minutes.

PEANUT-BUTTERSCOTCH SQUARES

Ann Pound

1/2 c. butter or margarine
1/2 c. brown sugar
1 1/3 c. sifted flour
2/3 c. granulated sugar
2/3 c. light corn syrup
1 (6 oz.) pkg. butterscotch chips
1/2 c. chunk style peanut butter
2 c. corn flakes or Wheaties

Cream butter and brown sugar. Stir in flour. (Mixture will be crumbly.) Press in ungreased 9x13 inch pan and bake in 350° oven for 15 minutes. In saucepan, combine granulated sugar and corn syrup, heating to boiling.

Remove from heat. Add butterscotch chips and peanut butter, stirring until butterscotch is melted. Stir in corn flakes. Spread over baked layer. Cool, cut in squares.

PRUNE COOKIE SQUARES

Stella Stadtler

Crust:

3/4 c. flour
1/3 c. brown sugar
1/3 c. margarine

Filling:

1 c. raw prunes, chopped
2 eggs
1 c. brown sugar
1 tsp. vanilla
1/4 c. flour
1 tsp. baking powder
1/2 tsp. salt
1/4 tsp. ginger
1/2 c. walnuts
1/2 c. coconut

Pat crust ingredients into 8x8 inch pan and bake at 350° for 10-12 minutes. Cool. Pour all other ingredients on top of crust and bake at 350° for 20-30 minutes. Cool to serve. Can be served with cream or slightly frosted.

CHEESE PUFFS

Margaret Westcott

1 loaf thin sliced sandwich bread
2 eggs
4 Tbsp. cream
Salt
Melted butter or margarine
Parmesan cheese

Mix and beat cream and eggs together. Take 3 slices of bread. Trim off crusts. Dip middle slice in egg and cream mixture, put between other 2 pieces. Cut all in thirds, repeat until all egg mixture is used. Put in freezer. When ready to use, take from freezer, roll in melted butter, then in Parmesan cheese. Bake on cooky sheet for 15 minutes at 350°.

HOT CHEESE PUFFS — Helen Kibbey from Lynn Currie

1 c. margarine or butter
4 c. grated Cheddar cheese
2 c. flour
1/4 tsp. salt
1/2 tsp. paprika
Cayenne pepper to taste

Cream margarine and cheese together. Sift together flour, salt, paprika and cayenne pepper. Add to cheese mixture and knead well. Roll into marble sized balls. Chill until hard. Bake on cookie sheet in 350° oven for 15 minutes. May be frozen before baking. Will keep several months.

STANDARD LAYER CAKE — Frances Carlson

1/2 c. shortening
1 c. sugar
2 eggs
2 tsp. baking powder
1/2 c. milk
1 tsp. vanilla

1. Sift flour, measure and sift again with baking powder. 2. Cream shortening thoroughly, add sugar gradually and cream well. 3. Add eggs one at a time and continue creaming. 4. Add flour and baking powder alternately with milk. Add flavoring. 5. Divide batter into 2 well-oiled 8 inch (round) cake pans. 6. Bake in a cold or preheated oven. Temperature: 375°. Time: 25 to 30 minutes.

APPLE CAKE — Jan Morberg

4 c. diced apple
2 c. sugar
1/2 c. oil
2 c. flour
2 tsp. soda
2 eggs, beaten
2 tsp. vanilla
2 tsp. cinnamon
1 tsp. salt
1 c. nuts

Mix together apple, sugar, oil. Add remaining ingredients. Bake at 350° for 45 minutes.

DUTCH APPLE CAKE — Grace Anderson

1/4 c. shortening
3/4 c. sugar
2 eggs
2 1/4 c. flour

3 tsp. baking powder
1/2 tsp. salt
3/4 c. milk
1 tsp. vanilla
Apples (for slicing)
Sugar and cinnamon

Cream shortening, sugar and vanilla until fluffy. Add eggs and beat well. Add sifted dry ingredients alternately with milk and beat until smooth. Put into two 9 inch pie pans or cake pans. Place thinly sliced apples in rows on top of each cake. Sprinkle with sugar and cinnamon and bake at 375° for about 25 minutes or until apples are tender and cake tests done. Serve warm.

GERMAN APPLE CAKE — Bessie Lindberg

1 c. oil
2 eggs
2 c. sugar

Mix together.

2 c. flour
2 tsp. cinnamon
1 tsp. soda
1/2 tsp. salt

Mix with above. Add:

4 c. diced apples
1 1/2 c. nuts
1 tsp. vanilla

Bake at 350° for 50 minutes. Be sure pan is greased and floured, generously.

FRESH APPLE CAKE — Lydia Sorgenfrei

2 c. sugar
1 c. oil
2 eggs
1 tsp. vanilla
1 tsp. soda
1 tsp. baking powder
2 tsp. cinnamon
1/2 tsp. nutmeg
1 tsp. salt
2 c. flour
4 c. apples, peeled and chopped
1 c. nuts

Mix first 4 ingredients. Add soda, baking powder and spices to flour, then mix well. Add apples and nuts last. Place in greased and floured pan. Bake at 350° for approximately 50 minutes or until done.

Topping for Cake:

1/2 c. brown sugar
1/4 c. butter
1/2 c. white sugar
1/2 c. sweet cream (I use condensed milk)

Blend until syrupy (I heat on stove until sugar is dissolved and to a boil). Keeps in refrigerator a week or so.

COFFEE CAKE

Emma West

1 1/2 c. flour
3 tsp. baking powder
1/2 tsp. salt
3/4 c. sugar
1/4 c. shortening (oil)
1/2 c. milk
1 egg
1 tsp. vanilla

Filling:

1/2 c. brown sugar
2 Tbsp. flour
2 tsp. melted butter
1/2 c. nuts
2 tsp. cinnamon

Sift first 4 ingredients. Add remaining ingredients. Put half of batter in greased square pan. Add filling. Cover with remaining batter. Bake at 375° for 30 minutes.

PICNIC CHOCOLATE CAKE

Rae Truex

Sift together in a bowl:
2 c. flour
3/4 tsp. salt
1 tsp. soda

Add to this:
2 c. brown sugar (1 lb. box)
1 c. buttermilk
1/2 c. shortening
1 tsp. vanilla

Beat for 2 minutes, no longer. Add:

3 eggs
2 squares unsweetened melted chocolate

Beat 2 minutes longer. Bake in oblong cake pan 40-45 minutes at 325° or 2 layers at 350° for 30-35 minutes.

GERMAN CHOCOLATE CAKE

Maryellis Wheaton

2 c. sugar
2 eggs
1/2 c. buttermilk or 1/2 c. sweet milk, stir in 1 tsp. soda and let stand 10 minutes
1 c. boiling water
1/2 c. butter or margarine
1 tsp. vanilla
2 c. flour, sifted
1 tsp. baking powder
4 Tbsp. cocoa
2 tsp. instant powdered coffee

1. Preheat oven to 350°. Grease two 9 inch round cake pans. 2. Mix sugar, butter, eggs and vanilla; beat well with electric beater at mid-speed, about 1 minute, occasionally scraping dough away from sides. 3. Add flour, baking powder, cocoa, instant coffee and buttermilk. Mix well. Add 1 cup boiling water, mix. 4. Pour into layer pans and bake 30-35 minutes.

Frosting: Use commercial package of coconut-pecan frosting mix. To this add:

1 tsp. vanilla
1 tsp. coffee

Mix frosting according to directions on package.

CHOCOLATE OATMEAL CAKE

Helen Kibbey
From Joy Gustafson

1 3/4 c. boiling water
1 c. uncooked oatmeal
1 c. brown sugar
1 c. sugar
1 stick margarine
2 eggs
1 3/4 c. flour
1 tsp. soda
1/2 tsp. salt
1 Tbsp. cocoa
3/4 c. nuts
1 (12 oz.) pkg. chocolate chips

Pour water over oatmeal, let stand 10 minutes. Add sugars and margarine. Stir until margarine melts. Add eggs. Sift flour, soda, salt and cocoa. Add to sugar mixture. Add 1/2 of chocolate chips. Pour into greased and floured 9x13 inch pan. Sprinkle nuts and chips on top. Bake at 350° for 40 minutes.

BLACK BOTTOM CUPCAKES

Helen Kibbey

1 1/2 c. sifted flour
1 c. sugar
1/4 c. cocoa
1 tsp. soda
1/2 tsp. salt
1 c. water
5 Tbsp. oil
1 Tbsp. vinegar
1 tsp. vanilla

Cream Cheese Filling:

1 (8 oz.) pkg. cream cheese
1 lightly beaten egg
1/3 c. sugar
Dash of salt
1 (6 oz.) pkg. chocolate chips

Sift together flour, sugar, cocoa, soda and salt. Combine water, oil, vinegar and vanilla; add to sifted ingredients. Fill 24 lined muffin cups 1/3 full. Add 1 tablespoon Cream Cheese Filling on top of batter. Sprinkle with dash of sugar and chopped nuts. Bake at 350° for 25 to 30 minutes.

CHOCOLATE ZUCCHINI CAKE

Elaine Ramsey

1/2 c. oleo
1/2 c. oil
1 3/4 c. sugar
1/2 c. milk (add 3 tsp. vinegar to milk)
1 tsp. soda
2 eggs
1 tsp. vanilla
2 1/2 c. flour
1/2 tsp. cinnamon
1/2 tsp. salt
4 Tbsp. cocoa
2 c. grated zucchini (fresh or frozen)
Nuts and chocolate chips

Cream together oleo, oil and sugar. Add the other ingredients except the nuts and chocolate chips. Pour into 9x13x2 inch greased pan. Spread chopped nuts and chocolate chips on top. Bake at 350° for 25 minutes or when done when tested with a toothpick.

SPICY CARROT CAKE

Marlene Wirsing

1 c. soft butter
2 c. sugar
4 eggs
1 tsp. vanilla
1 1/2 c. shredded carrots
2 1/2 c. all-purpose flour, unsifted
1 1/2 tsp. soda

1 1/2 tsp. cinnamon
1 tsp. salt
1 tsp. nutmeg
1/4 c. buttermilk
3/4 c. chopped walnuts
Powdered sugar (optional)

Beat together butter and sugar until creamy. Add eggs one at a time, beating well. Stir in vanilla and carrots. Sift flour together with soda, cinnamon, salt and nutmeg. Add flour mixture alternately with buttermilk. Stir in nuts. Bake in greased and dusted 10-inch tube pan in 350° oven for 1 hour. Cool in pan 10 minutes. Cool on rack. Shake powdered sugar over top. Serves 12.

ORANGE CAKE

Marlene Wirsing

1 1/2 c. sifted flour
1 c. sugar
2 tsp. baking powder
1/4 tsp. salt
1/2 c. Mazola corn oil
2 tsp. grated orange rind
1/2 c. orange juice
4 egg whites, stiffly beaten

Grease and flour bottom of 8x4x3 inch loaf pan. Stir together flour, sugar, baking powder and salt. Add corn oil, orange rind and juice. Mix at medium speed until smooth. Fold in egg whites. Turn into pan. Bake at 350° for 1 hour or until cake springs back when touched. Cool 10 minutes. Remove from pan; cool on wire rack. Serves 8.

Note: This is a no-cholesterol cake if made according to directions.

PUMPKIN CAKE

Stella Stadtler

1 large (1 lb. 13 oz.) can pumpkin
1 large can milk
3 eggs, partially beaten
3 tsp. pumpkin spice (or 1 tsp. cinnamon, 1 tsp. ginger, 1/4 tsp. cloves, 1/2 tsp. salt)
1 c. brown sugar
1 1/2 cubes margarine, melted
1 pkg. yellow cake mix (dry)
1 c. nuts

Mix all except last 3 ingredients in 9x13 inch pan. Sprinkle on dry cake mix. Drizzle on melted margarine. Sprinkle on nuts. Bake at 350° for 50 minutes in 9x13 inch pan (longer for loaf, shorter for larger pan). Do not overcook.

JAM CRUMB CAKE

Geraldine Martindale

1/4 c. shortening
1/3 c. sugar
1 tsp. vanilla
1 egg, well beaten
1 c. flour
1 1/2 tsp. baking powder
1/4 tsp. salt
1/3 c. milk
1/2 c. or more thick berry jam (use raspberry or blackberry)
Crumb Topping

Cream shortening, sugar and vanilla until fluffy. Add egg, beat until smooth. Sift flour with baking powder and salt. Add to creamed mixture alternately with milk. Pour into greased and floured 8 inch round cake pan. Spread jam over batter and sprinkle with Crumb Topping. Bake in moderately hot oven, 375°, for 30 minutes or until done. Serve warm. (I cut this recipe out of the newspaper many years ago. We love it.)

Crumb Topping:

2 Tbsp. white sugar
1/4 c. flour
1/2 tsp. cinnamon
2 Tbsp. butter

Mix all ingredients until they form a crumb-like mixture. I use a fork. Spread over cake. Bake as directed.

LAURA INGALLS WILDER'S GINGERBREAD

Bessie Lindberg

1 c. brown sugar
1/2 c. lard or other shortening
1 c. molasses
2 tsp. baking soda
1 c. boiling water
3 c. flour
1 tsp. ginger
1 tsp. cinnamon
1 tsp. allspice
1 tsp. nutmeg
1 tsp. cloves
1/2 tsp. salt
2 well-beaten eggs

Blend brown sugar and lard. Add molasses and mix well. Dissolve baking soda in boiling water. (Be sure cup is full of water after foam is run off into cake mixture.) Mix all well. Sift flour, ginger, cinnamon, allspice, nutmeg, cloves and salt into cake mixture and mix well. Add eggs and mix. (The mixture should be quite thin.) Bake in a moderate oven for 30 minutes. (Raisins and/or candied fruit may be added and a chocolate frosting adds to the goodness.)

FRUIT COCKTAIL DESSERT

Elaine Ramsey

1 1/2 c. flour
1 c. sugar
1 tsp. soda
1/2 tsp. salt
1 egg
1 (No. 2) can fruit cocktail
1 c. brown sugar
1/2 c. coarsely chopped nuts

Sift together flour, sugar, soda and salt. Beat 1 egg in fair sized bowl. Add number 2 can of fruit cocktail. Mix and add dry ingredients. Mix thoroughly. Pour into baking pan. Top with 1 cup brown sugar and 1/2 cup coarsely chopped nuts. Cool and serve with whipped cream. (Or may be served slightly warm.) Bake at 300° for 30-40 minutes.

FLOWER GARDEN CAKE

Marilyn Karlstrom

6 beaten egg yolks
3/4 c. sugar
3/4 c. lemon juice (scant)
1 1/2 tsp. grated lemon peel
1 Tbsp. (env.) Knox gelatine
1/4 c. water
6 stiffly beaten egg whites
3/4 c. sugar
1 small bakery angel food cake (or homemade)

Make custard of egg yolks, 3/4 cup sugar, lemon juice and peel. Cook, stirring constantly, until mixture coats the spoon. Remove from heat and add gelatin softened in cold water. Fold in egg whites beaten with 3/4 cup sugar until stiff. Tear cake in bite size pieces. Pour custard over and mix together. Fill spring mold pan (oiled lightly with salad oil). Chill until firm. Serves 10. Garnish with whipped cream, if desired.

CRAZY CAKE

Barbara Wheaton

3 c. flour
3 to 6 Tbsp. cocoa
1 tsp. salt
2 c. water
2 c. sugar
2 tsp. soda
2 Tbsp. vinegar
1/2 c. Mazola oil

Mix water and vinegar together before. Mix flour, salt, sugar and cocoa together in a 9x13 inch pan. Make 3 holes, add liquid ingredients. Mix thoroughly. Bake at 350° for 30-40 minutes.

Chocolate Sauce:

3/4 c. sugar
1/2 c. water
1/4 c. cocoa
Dash of salt

Cook approximately 5 minutes. Poke holes in cake and pour sauce over cake.

AUDREY'S DESSERT — Emma West

1 Sarah Lee pound cake
6 oz. chocolate cake
1/4 c. boiling water
4 egg yolks
1 tsp. vanilla

Cut frozen pound cake lengthwise into 8 layers. Blend chips with boiling water. Add yolks and vanilla. Spread on each layer and over tops and sides. Refrigerate. Can be made the night before.

CHEESE CAKE — Lydia Sorgenfrei

20 graham crakcers, crushed
1/4 c. melted butter

Pat in bottom of pan.

1 (3 oz.) pkg. cream cheese (room temperature)
1 c. powdered sugar

Mix well. Mix 1 envelope Lucky Whip according to directions or use 1 cup whipped cream or 1 cup Cool Whip. Add to cheese mixture. Place all on graham cracker crust. Cover with 1 can cherry pie filling. May be garnished with whipped cream. Serves 8.

ANY PUDDING CAKE — Bessie Lindberg

Jello Mixture:

1 1/2 c. water
Any flavor jello

Frosting:

1 pkg. Dream Whip
1 1/2 c. milk
1 pkg. instant pudding

Use 1 box cake, baked in about a 9x13 inch pan. 1. Make cake. Let cool 15 minutes. 2. Mix jello. Let stand 15 minutes. 3. At end of 15 minutes, puncture cake and pour jello mixture over it. Frost it. Put in refrigerator for at least 2 hours.

BREAD PUDDING IN DOUBLE BOILER

Margaret Westcott

1 c. brown sugar
3 slices buttered bread, cubed
3 beaten eggs
1 pt. milk
Salt
Butter Sauce

Butter Sauce:

1/2 c. sugar
1/4 c. butter
1/4 c. milk (canned)
1/2 tsp. vanilla

Combine first ingredients, except Butter Sauce, in order above. Don't stir. Cover and cook in double boiler 1 hour.

Butter Sauce: Cook sugar, canned milk and butter until smooth, boil about 3 minutes, stirring constantly. Add vanilla. Cool until slightly warm. Pour over warm bread puddings.

APPLE PUDDING

Virginia Ryan

2 c. diced, pared apples
1 c. sugar
1/2 c. butter
1 egg, beaten
1 c. sifted flour
1 tsp. cinnamon
1 tsp. salt
1 tsp. soda
1/2 c. raisins
1/2 c. nuts

Mix thoroughly together the apples, sugar and shortening. Add the beaten egg. Sift together the flour,

salt, soda and cinnamon and add to the first mixture. Then fold in the raisins and nuts. Bake at 325° for 45 minutes. Serve warm with pudding sauce.

STEAMED CARROT PUDDING — Geraldine Martindale

1/2 c. shortening
1/2 c. brown sugar
1 egg
1 c. grated raw carrots
1/2 c. currants
1/2 c. raisins
2 tsp. grated dried lemon peel
1 1/4 c. flour
1/2 tsp. soda
1 Tbsp. water
1 tsp. baking powder
1/2 tsp. salt
1/2 tsp. cinnamon
1/2 tsp. nutmeg

Blend shortening, sugar and egg. Add grated carrots, raisins, currants and lemon peel. Add sifted flour, baking powder, salt and spices. Mix thoroughly. Then add soda dissolved in the water. Mix well. Steam for 1 hour. Can be baked in bread pan in oven at 350° to 375° for about 45 minutes or until tests done. Serve warm with Lemon Sauce.

YUMMY GREEN DESSERT — Layne Green

1 c. flour
1 cube butter
2 Tbsp. sugar
1/4 c. chopped nuts
8 oz. pkg. cream cheese
2/3 c. powdered sugar
1 c. Cool Whip
3 pkg. instant pistachio pudding
4 c. milk

Mix first 4 ingredients and press into 9x13 inch pan. Bake for 15 minutes at 350°. Mix with beater the cream cheese, powdered sugar and Cool Whip and spread on cooled crust. Beat pudding and milk together and put on top of cheese layer. Spread more Cool Whip on top and sprinkle with nuts. Refrigerate.

SWEDISH RICE PUDDING — Layne Green

1 c. rice
3/4 c. sugar
1 tsp. salt
1/4 c. butter
2 c. milk
2 beaten eggs
Cinnamon

Cook 1 cup rice. Add rest of ingredients. Put in 1 1/2 quart baking dish (buttered). Bake 1 hour at 300°. Sprinkle cinnamon on top after removing from oven.

LEMON SAUCE — Gerladine Martindale

1 c. sugar
Juice of 1 lemon
1/2 c. sugar
1 1/2 Tbsp. cornstarch (with a little cold water)
1 egg yolk, slightly beaten
1/2 tsp. grated lemon rind

Combine and bring to a boil the water, lemon juice and sugar. Add thickening mixture and stir quickly until thick and smooth. Pour a little of hot mixture over beaten egg yolk, stirring constantly. Then add egg yolk mixture and grated rind to hot mixture. Cook about 1 minute, then serve over pudding.

BLUEBERRY COBBLER DESSERT — Jo Martin

4 c. blueberries
1/2 c. brown sugar
2/3 c. white sugar
3 Tbsp. lemon juice
1/2 c. chopped walnuts
1/2 pkg. dry lemon cake mix
3 Tbsp. melted butter

Mix together in greased 13x15 inch pan the blueberries, brown sugar, white sugar, lemon juice and walnuts. Top with a mixture of 1/2 package of dry lemon cake mix and 3 tablespoons melted butter. Bake at 375° for 40 minutes (350° in glass pans). Serve topped with whipped cream.

CHERRY CRUNCH — Ann Pound

Bottom Part:

1 c. flour
1 c. oatmeal
1 c. brown sugar
1/2 c. butter
1/2 tsp. salt
1/2 tsp. soda

Mix as for pastry and pack in 8 inch or 9 inch pan.

Topping:

2 eggs, beaten
1 c. coconut
1/2 c. walnuts
1 c. brown sugar
1/2 lb. red glazed cherries
1 tsp. vanilla

Spread topping over bottom part and bake between 325° and 350° for 45 minutes.

CHERRY DESSERT — D. Tippie

2 cans cherry pie filling
1 box white or yellow cake
1/2 c. melted butter
Slivered almonds

Put pie filling in a 13x9 inch pan. Pour cake mix over filling just as it comes from the box. Drizzle melted butter over cake mix and sprinkle top with almonds. Bake at 350° for 1 hour.

CHERRY LEMON DESSERT SQUARES — Sarah Cross

1 1/2 c. sugar
1 c. butter or oleo
4 eggs
2 c. sifted flour
1 Tbsp. lemon extract
1 can cherry pie filling
Powdered sugar

Gradually add sugar to butter in large bowl, cream until light and fluffy. Add eggs, one at a time, beating well after each. At low speed, add flour and lemon extract. Pour batter into greased 13x9 inch pan. Mark off into 12 squares. Place 1 heaping tablespoon pie filling in center of each square. Bake at 350° for 45 to 50 minutes. While warm, sift powdered sugar over cake. Cool, cut into squares. Makes 12 servings.

CHERRY DESSERT — Bessie Lindberg

Crush 3/4 box of vanilla wafers and put 1/2 in bottom of a 10x7 inch pan. Cream:

1 1/2 c. powdered sugar
1/2 c. butter
2 eggs

Spread over top of vanilla wafers. Spread 1 large can of Wilderness pie cherries on top of creamed mixture. Whip 1 pint of whipping cream and spread on top of the cherry filling (you could use Dream Whip). Top with remainder of vanilla wafers. Refrigerate for 24 hours.

PINEAPPLE TORTE

Virginia Ryan

3 egg yolks
1/2 c. sugar
19 oz. can crushed pineapple
2 Tbsp. lemon juice
3 stiff beaten egg whites
2 Tbsp. sugar
1 c. heavy cream, whipped
2 c. vanilla wafer crumbs

Beat egg yolks, salt and 1/2 cup sugar; add syrup from pineapple and lemon juice. Cook over hot, not boiling water, until mixture coats spoon, stirring constantly. Add pineapple; cool. Make meringue of egg whites and 2 tablespoons of sugar. Fold in whipped cream and custard mixture. Coat sides of oiled refrigerator tray with wafer crumbs. Spread half of the remaining crumbs over bottom. Pour in custard mixture; cover with remaining crumbs. Freeze firm.

RHUBARB COBBLER

Maryellis Wheaton

4 c. chopped rhubarb
1 pkg. dry strawberry jello
2 c. white or yellow cake mix (Jiffy mix)
1 c. sugar
1 c. water
1/3 c. melted butter or margarine

Mix chopped rhubarb with sugar and place in pan (9x9 inches or 9x13 inches). Sprinkle dry jello over rhubarb. Then sprinkle 1/2 cake mix over followed by 1/2 cup water. Alternate till all has been used. Take fork and press into juice. Pour melted shortening over all. Bake at 350° for 50 minutes. Serve with whipped cream.

Note: When cooled, place in refrigerator long enough to let the jello set, preferably overnight.

DESSERT QUICKIE

Emma West

1 Jiffy cake (white or yellow)
1 pkg. instant vanilla pudding, mixed with 1 1/2 c. milk
8 oz. cream cheese, mixed with 1/2 cup milk
1 large can crushed, drained pineapple
Cool Whip

Bake cake. Put each ingredient over top in order given. Refrigerate overnight.

FRANGO MINT DESSERT

Helen Kibbey

4 squares unsweetened chocolate
1 c. butter
2 c. sifted powdered sugar
3/4 tsp. peppermint
2 tsp. vanilla
1 c. crushed vanilla wafers or 1 c. chopped nuts
4 eggs

Melt and cool chocolate. Cream together butter and sugar. Add eggs, one at a time; beat until smooth. Add cooled chocolate and beat until smooth. Add peppermint and vanilla and beat. Sprinkle crushed wafers or nuts in bottom of 15 cupcake papers. Fill with chocolate mixture. Freeze. Serve with a dollop of whipped cream and chopped nuts.

CHOCOLATE MOUSSE

Jan Morberg (From the TNT)

4 eggs
4 oz. semi-sweet chocolate bits
1 Tbsp. liquid (orange juice, rum or liqueur)

1. Separate eggs. Melt chocolate bits in top of double boiler. Cool. 2. Beat melted chocolate into egg yolks. Add liquid. 3. Beat egg whites until they are stiff, but not dry. Fold chocolate mixture into egg whites. Chill 4 to 5 hours. Serves 4.

BLENDER POTS DE CREME

Layne Green

6 oz. pkg. chocolate chips
1 egg
2 Tbsp. sugar
1 tsp. vanilla
1/4 tsp. salt
1/2 c. plus 2 Tbsp. milk
Whipped cream

Put all ingredients except milk and whipped cream into electric blender and whirl at high speed to mix ingredients and break up chocolate chips. Heat milk just to boiling. Pour into blender and whirl at low speed for 1 minute. Pour into 6 small dishes and chill several hours. Top with whipped cream just before serving.

CHRISTMAS DESSERT

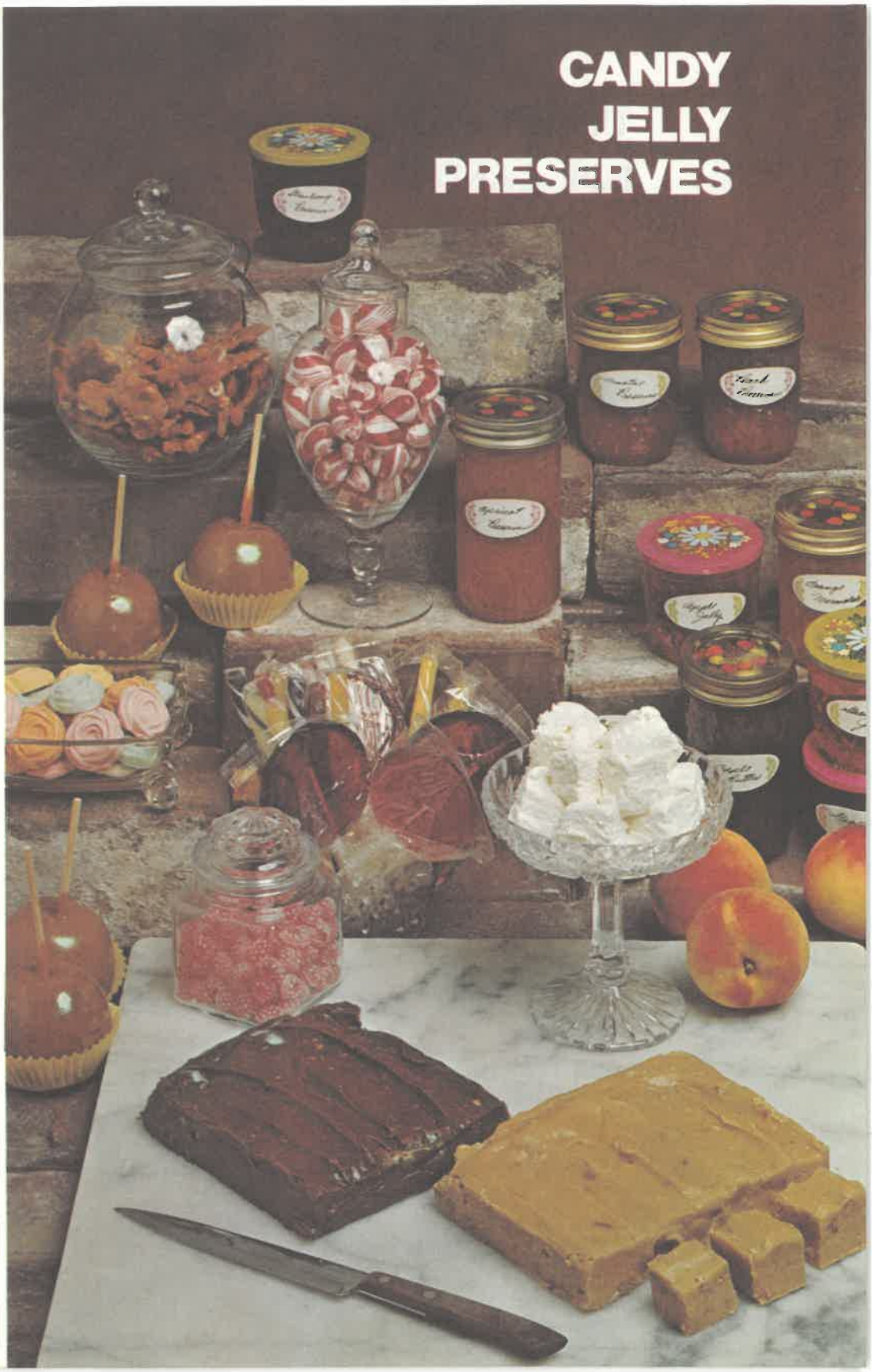
Emma West

1 c. whipping cream
2 c. prepared fluffy frosting mix
2 Tbsp. rum
3/4 c. dry macaroon crumbs or toasted coconut

Whip cream and fold into beaten frosting. Fold in rum and 1/2 cup macaroon crumbs. Put in freezing tray. Sprinkle with remaining crumbs. Freeze 3 to 4 hours.

notes

notes


CANDY
JELLY
PRESERVES

TEMPERATURE TESTS FOR CANDY MAKING

There are two different methods of determining when candy has been cooked to the proper consistency. One is by using a candy thermometer in order to record degrees, the other is by using the cold water test. The chart below will prove useful in helping to follow candy recipes:

TYPE OF CANDY	DEGREES	COLD WATER
Fondant, Fudge	234 - 238°	Soft Ball
Divinity, Caramels	245 - 248°	Firm Ball
Taffy	265 - 270°	Hard Ball
Butterscotch	275 - 280°	Light Crack
Peanut Brittle	285 - 290°	Hard Crack
Caramelized Sugar	310 - 321°	Caramelized

In using the cold water test, use a fresh cupful of cold water for each test. When testing, remove the candy from the fire and pour about ½ teaspoon of candy into the cold water. Pick the candy up in the fingers and roll into a ball if possible.

In the SOFT BALL TEST the candy will roll into a soft ball which quickly loses its shape when removed from the water.

In the FIRM BALL TEST the candy will roll into a firm but not hard ball. It will flatten out a few minutes after being removed from water.

In the HARD BALL TEST the candy will roll into a hard ball which has lost almost all plasticity and will roll around on a plate on removal from the water.

In the LIGHT CRACK TEST the candy will form brittle threads which will soften on removal from the water.

In the HARD CRACK TEST the candy will form brittle threads in the water which will remain brittle after being removed from the water.

In CARAMELIZING, the sugar first melts then becomes a golden brown. It will form a hard brittle ball in cold water.

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CANDY, JELLY, PRESERVES

APPLES

Elaine Ramsey

1 env. unflavored gelatin
3/4 c. hot applesauce
1 tsp. vanilla
1/2 c. cold applesauce
2 c. sugar
2 c. nuts
Powdered sugar

Soak gelatin in cold applesauce for 10 minutes. Add to hot applesauce and sugar. Cook 15 minutes over a low fire. Add nuts, vanilla and spread in a pan 3/4 inch thick. Let stand overnight, then roll in powdered sugar.

ALMOND ROKA

Elaine Ramsey

1 1/2 c. sugar or up to 2 c.
1 cube butter
1/4 c. chopped almonds
Hershey's milk chocolate bar

Cook over hot fire, stirring vigorously until golden brown. Pour into unbuttered tin. Break over top the Hershey's milk chocolate. Then spread. Grate almonds over top. When cool enough to turn, spread melted chocolate on other side. Cover with grated almonds. Melt chocolate over warm water.

NEVER FAIL DIVINITY

Emma West

3 c. sugar
3/4 c. white Karo syrup
3/4 c. water
2 egg whites
4 Tbsp. cherry or raspberry jello
1 c. chopped nuts

Boil the sugar, Karo syrup and water to 250°. Beat 2 egg whites. Add jello (1 tablespoon at a time). Add syrup slowly to eggs in beater. Add chopped nuts. Finish by hand until shininess disappears. Put in buttered square tin.

FROZEN FRANGOES

K. Finnigan

1 c. soft butter
2 c. powdered sugar
2 tsp. vanilla
4 squares unsweetened chocolate
1/2 tsp. peppermint

Makes 12. Combine butter and sugar and beat well. Add chocolate and beat well. Add 1 egg at a time and beat well. Add vanilla and peppermint. Put in cupcake liners in muffin tin. Freeze. Top with whipped cream.

YUM YUM DATE LOAF

Gerladine Martindale

16 graham crackers, rolled
20 large white marshmallows, cut in eighths
1/2 lb. pitted dates, coarsely cut
1 c. chopped walnuts
1/3 c. cream

Reserve 1/4 cup cracker crumbs. Combine remaining crumbs with marshmallows, dates and nuts. Moisten with cream and blend thoroughly. Form into a roll 2 1/2 - 3 inches in diameter and roll in reserved crumbs. Wrap in waxed paper and chill overnight. Slice and serve as dessert or cut in squares for candy.

DROPPED FUDGE

Winnie Ramsey

2 1/4 c. sugar
1 1/2 squares bitter chocolate or 6 Tbsp. ground
1 pinch of salt
1 Tbsp. butter
1/2 tsp. vanilla
3/4 c. milk

Mix sugar, chocolate, milk and salt and cook slowly until sugar is dissolved. Let boil exactly 5 minutes; remove from fire and place where it will cool. Do not stir. When almost cold, add butter and stir until thick and quite creamy. Drop by spoonfuls onto a buttered plate or pan, twisting the spoon a little to give candy a spiral top. One-half cup of nuts may be added.

NO BEAT NO TEST FUDGE

Stella Stadtler

4 1/2 c. sugar
1 tall can evaporated milk
1/8 lb. butter
1 lb. sweet chocolate chunks
2 (6-8 oz.) pkg. chocolate chips
16 large marshmallows, cut into quarters

Boil milk, sugar, butter in a heavy pan, for 5 minutes, stirring constantly. Remove from heat and add other ingredients. Stir until melted, pour into 9x13 inch pan, cool to room temperature. Cut into bite sized pieces. Store in refrigerator.

PEANUT BUTTER BALLS

Elaine Ramsey

2 (6 oz.) pkg. chocolate chips
1 c. smooth peanut butter
2 Tbsp. soft butter
1 c. heaping sifted powdered sugar
1 1/2 c. raisins
2/3 c. finely chopped nuts

Empty the 2 packages of chocolate chips into a double boiler and melt them. Combine the peanut butter, butter and powdered sugar. Add the raisins and chopped nuts to this mixture. Dip balls of peanut butter mixture into the chocolate. Remove them with toothpicks. Place the balls on waxed paper. If desired, place the finished balls in the refrigerator in order to set the chocolate more quickly. Keep them refrigerated until it is time to serve them.

REESE BARS

Ann Pound

1 c. margarine or butter, melted
1 lb. box powdered sugar
1 c. crushed graham crackers
1 1/2 c. peanut butter
12 oz. chocolate chips, melted

Mix all ingredients in bowl except chocolate chips; pour into greased 9x12 inch pan. Melt chocolate and pour over peanut butter mixture. Refrigerate and cut into bars.

CHOCOLATE-PEANUT BUTTER DELIGHT Elaine Ramsey

6 oz. pkg. semi-sweet chocolate chips
4 Nestle's milk chocolate bars (about 1 1/4 oz. each)
2 Tbsp. melted paraffin, melt 2 clear small birthday candles (remove wicks)
1 1/4 c. peanut butter

Put chocolate chips, Nestle's bars, paraffin and 1/4 cup of the peanut butter in top of double boiler over hot, not boioing water. Stir till smooth. Use very small muffin tin liners (holds about 3 tablespoons of volume) or cut cupcake paper liners down to about 1 inch depth. Spoon half of chocolate mixture equally between 20-24 paper liners. Melt rest of peanut butter over hot water which makes it spread more easily and spoon this equally between all of the cups over chocolate layer. Top with remaining chocolate. Let these set about 2 hours before serving them. Makes about 24 tiny cups.

O'HENRY BARS Bessie Lindberg

1 c. white sugar
1 c. white syrup

Boil the sugar and syrup until the sugar is melted, then add 1 cup peanut butter and mix well. Pour this over approximately 5 cups of Special K cereal and mix well. Press into a buttered pan. Melt together:

1 c. chocolate chips
1 c. butterscotch chips

Spread it on in a marbled effect. Cool and cut into squares.

PEAR HONEY Jean Bagley

6 pears
2 apples
1 orange and rind
1 1/2 lb. sugar

Pare apples and pears. Remove seeds. Peel orange. Grind pears, apples and orange. Add sugar and cook 20 minutes, stirring frequently. Add grated orange rind. Cook until thick.

BLACKBERRY JAM — Elaine Ramsey

4 c. prepared fruit (about 2 qt. fully ripe berries)
7 c. (3 lb.) sugar
1/2 bottle Certo fruit pectin

First, prepare fruit. Crush completely, one layer at a time, about 2 quarts fully ripe berries. (If desired, sieve half of pulp to remove some of the seeds.) Measure 4 cups into a very large saucepan. Add the exact amount of sugar specified. Mix well. Place over high heat, bring to a full rolling boil and boil hard 1 minute, stirring constantly. Remove from heat; at once stir in Certo. Skim off foam with metal spoon. Then stir and skim for 5 minutes to cool slightly and prevent floating fruit. Ladle into glasses. Cover at once with 1/8 inch hot paraffin.

** NOTES **

** NOTES **

BEVERAGES
& MISCELLANEOUS

FOOD QUANTITIES
FOR SERVING 25, 50 and 100 PERSONS AT PICNIC

Do you have trouble deciding how much of various foods to take to a picnic? Here are some suggested figures on 25, 50 and 100 servings, taken from "Planning Food For Institutions," a USDA handbook.

FOOD	25 SERVINGS	50 SERVINGS	100 SERVINGS
Sandwiches:			
Bread	50 slices or 3 1-lb. loaves	100 slices or 6 1-lb. loaves	200 slices or 12 1-lb. loaves
Butter	½ pound	¾ to 1 pound	1½ pounds
Mayonnaise	1 cup	2 to 3 cups	4 to 6 cups
Mixed Filling (meat, eggs, fish)	1½ quarts	2½ to 3 quarts	5 to 6 quarts
Mixed Filling (sweet-fruit)	1 quart	1¾ to 2 quarts	2½ to 4 quarts
Lettuce	1½ heads	2½ to 3 heads	5 to 6 heads
Meat, Poultry or Fish:			
Wieners (beef)	6½ pounds	13 pounds	25 pounds
Hamburger	9 pounds	18 pounds	35 pounds
Turkey or chicken	13 pounds	25 to 35 pounds	50 to 75 pounds
Fish, large whole (round)	13 pounds	25 pounds	50 pounds
Fish, fillets or steaks	7½ pounds	15 pounds	30 pounds
Salads, Casseroles:			
Potato Salad	4¼ quarts	2¼ gallons	4½ gallons
Scalloped Potatoes	4½ quarts or 1 12x20" pan	8½ quarts	17 quarts
Spaghetti	1¼ gallons	2½ gallons	5 gallons
Baked Beans	¾ gallon	1¼ gallons	2½ gallons
Jello Salad	¾ gallon	1¼ gallons	2½ gallons
Ice Cream:			
Brick	3¼ quarts	6½ quarts	12½ quarts
Bulk	2¼ quarts	4½ quarts or 1¼ gallons	9 quarts or 2½ gallons
Beverages:			
Coffee	½ pound and 1½ gal. water	1 pound and 3 gal. water	2 pounds and 6 gal. water
Tea	1/12 pound and 1½ gal. water	1/6 pound and 3 gal. water	1/3 pound and 6 gal. water
Lemonade	10 to 15 lemons, 1½ gal. water	20 to 30 lemons, 3 gal. water	40 to 60 lemons, 6 gal. water
Desserts:			
Watermelon	37½ pounds	75 pounds	150 pounds
Cake	1 10x12" sheet cake 1½ 10" layer cakes	1 12x20" sheet cake 3 10" layer cakes	2 12x20" sheet cakes 6 10" layer cakes
Whipping Cream	¾ pint	1½ to 2 pints	3 pints

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BIRNEY SCHOOL PARTY PUNCH — Susanne VanDeGrift

2 (12 oz.) cans orange juice concentrate
4 cans cold water
1 (12 oz.) can lemon juice concentrate
2 (32 oz.) bottles 7-Up

Mix.

TANGY CIDER PUNCH — Bessie Lindberg

1/4 c. sugar
1 c. orange juice
1/2 c. lemon juice
2 qt. apple cider
1 qt. ginger ale

Combine sugar and juice. Add cider and ginger ale just before serving. Pour over crushed ice and serve. Makes 25 servings.

HOLIDAY CORDIAL — Helen Perdue

1 qt. grape juice or cranberry juice
1/2 tsp. nutmeg
1 tsp. whole cloves
1 qt. water
1 c. white sugar
1/2 tsp. cinnamon or 1 stick cinnamon
Juice of 1 lemon

Combine all ingredients and simmer for 10 minutes. Remove cinnamon stick. Bottle. Add an ice cube to each glass when serving.

ORANGE JULIUS SHAKE — Elaine Ramsey

1/2 (6 oz.) can orange juice concentrate
1/2 c. skim or 2% milk
1/2 c. water
1/4 c. sugar
1/2 tsp. vanilla
5 or 6 ice cubes

Combine all ingredients except ice cubes in blender. Blend, adding ice cubes one at a time until smooth. Serve immediately.

PINK PUNCH — Elaine Ramsey

3 oz. pkg. strawberry gelatin
1 c. boiling water
1 pkg. strawberry powdered drink mix
2 1/2 c. sugar
2 qt. water
46 oz. can pineapple juice
10 oz. bottle 7-Up
2 qt. water
2 pt. pineapple sherbet

Dissolve gelatin in boiling water. Dissolve drink mix in cold water; add sugar and stir well. Add pineapple juice and gelatin. Refrigerate. Add 7-Up and sherbet just before serving. Makes 35 servings.

VODKA SLUSH — Margaret Westcott

1 (12 oz.) can frozen orange juice
1 (12 oz.) can frozen lemonade
6 cans water
1 can vodka
6 oz. rum (optional)
7-Up

Mix first 5 ingredients and freeze (will not freeze solid, but remains slushy). Serve in 4 ounce glasses, 2/3 full; fill glass with 7-Up.

CRUNCHY CHOCOLATE SAUCE — Gerri Ramsey

1/4 c. milk
1 (1 oz.) square unsweetened chocolate
3/4 c. light brown sugar, packed
1/4 c. crunchy peanut butter
1/4 tsp. vanilla extract

In 1 pint glass measure, measure milk. Drop in chocolate. Microwave at high 1 1/2 to 2 minutes. Blend chocolate and milk. Add sugar; stir to blend. Microwave at high 1 to 2 minutes, until mixture boils. Add peanut butter and vanilla and stir until well blended. Serve warm or cool. Makes 1 cup.

QUICKIE CHOCOLATE SAUCE — Gerri Ramsey

1/2 c. light corn syrup
1 (6 oz.) pkg. semi-sweet chips
1 Tbsp. butter
1/4 c. dairy half & half or milk
1/4 tsp. vanilla or rum extract

Into 1 pint glass measure, measure syrup. Stir in chocolate and butter. Microwave at high 1 1/2 to 2 1/2 minutes. Stir until completely smooth. Blend in half & half and vanilla. Serve warm or cold. Makes about 1 1/2 cups.

SCRUMPTIOUS BUTTERSCOTCH SAUCE — Gerri Ramsey

1 Tbsp. cornstarch
1 1/4 c. light brown sugar, packed
1/2 c. dairy half & half
2 Tbsp. light corn syrup
1/8 tsp. salt
1/4 c. butter
1 tsp. vanilla extract

In 1 1/2 quart casserole, stir together half & half, corn syrup and salt. Add butter. Cover; microwave at high 3 1/2 to 4 1/2 minutes, stirring after 2 minutes, until thickened and sugar is dissolved. Add vanilla and stir until smooth and well blended. Serve warm or cold. Makes 1 1/2 cups.

LEMON SAUCE — K. Finnigan

6 eggs
1/2 c. butter
2 c. sugar
Juice of 2 lemons

Beat eggs in top of double boiler. Add butter, sugar and lemon juice. Cook over hot water (not boiling) till thick as honey. Remove from heat. Keeps indefinitely in covered jar in refrigerator.

CHEF'S SPECIAL SAUCE — Gerri Ramsey

1/4 c. prepared mustard
1/4 c. pineapple juice
2 Tbsp. sugar
1/2 tsp. horseradish
Dash of salt

Mix ingredients and heat. Makes 1/2 cup. For use with ham.

SWEET AND SOUR SAUCE

Gerri Ramsey

1 c. catsup
1 c. water
1/4 c. brown sugar
1/4 c. Worcestershire sauce
1/4 c. vinegar
1 Tbsp. celery seed
1 tsp. chili powder
1 tsp. salt
1/8 tsp. pepper
Few drops of Tabasco sauce

Mix ingredients in saucepan; bring to a boil. Use as basting sauce for barbecued ribs and serve remainder as a dip. Makes 2 1/4 cups.

TOMATO SAUCE

Gerri Ramsey

2 Tbsp. chopped onion
2 Tbsp. chopped green pepper
1 Tbsp. butter, melted
1 (8 oz.) can tomato sauce
Salt and pepper to taste

(To serve over omelets, veal or broiled hamburgers.)

Saute onion and green pepper in butter until onion is transparent. Add sauce and seasonings; heat through. Makes 1 1/4 cups.

ALMOND ROCA ICE CREAM

Elaine Ramsey

1/2 gal. ice cream (vanilla)
1 dozen crushed Safeway macaroons
2 tsp. almond flavoring
1 c. toasted almonds

Into the softened vanilla ice cream, mix the crushed macaroons and almond flavoring. Put in serving dishes. Sprinkle top with toasted almonds. Chill and serve.

notes

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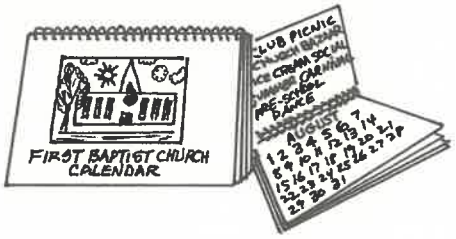

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